

**Lundi , 23.12**

<b>08:00 - 08:55</b> <i>Spiralkraft</i> Monika	<b>09:10 - 10:05</b> <i>Dance Step</i> Christina	<b>09:15 - 09:45</b> <i>Senioren Cycling</i> Daniela	<b>18:00 - 18:55</b> <i>Pump</i> Sandra	<b>18:00 - 18:55</b> <i>Cycling</i> Ralph	<b>19:00 - 19:55</b> <i>Kick Power</i> Irene	<b>19:00 - 19:55</b> <i>Cycling</i> Ralph	<b>20:10 - 21:05</b> <i>Pilates</i> Monika
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**Mardi , 24.12**

**Mercredi , 25.12**

**Jeudi , 26.12**

**09:30 - 11:00**  
*Pump Special*  
Irene

**Vendredi , 27.12**

**09:15 - 10:10**  
*Yoga*  
Tatjana

**10:15 - 11:10**  
*Dance Step*  
Margarita

**18:00 - 18:55**  
*Zumba*  
Leidy

**19:15 - 20:10**  
*Yoga*  
Nina

**Samedi , 28.12**

**09:30 - 10:30**  
*P.I.I.T Special*  
Irene

**Dimanche , 29.12**

**09:00 - 09:55**  
*Cycling*  
Team

**10:00 - 10:55**  
*Zumba*  
Angela