

Lundi , 01.01

Mardi , 02.01

**09:10 - 10:05**

*MC (Mental Centering)*

Liz

**18:05 - 18:35**

*P.I.I.T*

Ajla

**18:50 - 19:45**

*BBP (Bauch, Beine, Po) /  
Bodytone*

Renata

Mercredi , 03.01

**08:00 - 08:55**

*Pilates*

Monika

**09:00 - 09:55**

*BBP (Bauch, Beine,  
Po) / Bodytone*

Monika

**18:50 - 19:45**

*Dance Aerobic / Dance  
Mix*

Monika

**20:00 - 20:55**

*Yoga*

Silvana

Jeudi , 04.01

**08:30 - 09:25**

*Rückengymnastik*

Liz

**09:35 - 10:30**

*Pump*

Adriana

Vendredi , 05.01

**09:00 - 09:55**

*Pump*

Ajla

**10:05 - 11:00**

*Yoga*

Nadine

Samedi , 06.01

Dimanche , 07.01