

**Montag , 19.02**

**09:00 - 09:55**

*Herzgruppe*  
Andrea

**09:15 - 10:10**

*Pilates*  
Cynthia

**10:30 - 11:25**

*Physio Fit*  
Team

**10:30 - 11:25**

*Herzgruppe*  
Andrea

**12:15 - 13:00**

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

**19:00 - 19:55**

*Herzgruppe*  
Fabienne

**Dienstag , 20.02**

**08:00 - 08:55**

*Herzgruppe*  
Andrea

**09:00 - 09:55**

*Herzgruppe*  
Andrea

**10:30 - 11:25**

*Herzgruppe*  
Andrea

**12:15 - 13:00**

*Cycling*  
Petra

**14:00 - 14:55**

*Herzgruppe*  
Andrea

**Mittwoch , 21.02**

**09:10 - 10:05**

*Yoga*  
Laura

**Donnerstag , 22.02**

**08:00 - 08:55**

*Herzgruppe*  
Andrea

**09:00 - 09:55**

*Herzgruppe*  
Andrea

**10:30 - 11:25**

*Herzgruppe*  
Andrea

**12:15 - 13:00**

*TRX*  
David

**14:00 - 14:55**

*Herzgruppe*  
Andrea

**Freitag , 23.02**

**10:00 - 10:45**

*Fit Gym*  
Petra

**12:15 - 13:00**

*Pump*  
Nicolle

**18:00 - 18:55**

*Functional Workout*  
Jerom

**Samstag , 24.02**

**09:30 - 10:25**

*Zumba*  
Idalmis

**10:00 - 10:55**

*Functional Workout*  
Jacqueline

**10:45 - 11:40**

*Yoga*  
Sonja

**Sonntag , 25.02**

**09:30 - 10:25**

*Cycling*  
Kathrin

**10:45 - 11:40**

*Pump*  
Bärbel