

Montag , 25.12

Dienstag , 26.12

Mittwoch , 27.12

**08:45 - 09:30**

*Step*  
Monica

**09:30 - 10:15**

*Interval Training*  
Monica

**10:15 - 11:10**

*Pilates*  
Daniela

**19:00 - 19:55**

*Zumba*  
Beatriz

Donnerstag , 28.12

**08:30 - 09:25**

*Zumba*  
Andrea

**09:30 - 10:25**

*Rückenfit*  
Daniela

Freitag , 29.12

**09:15 - 10:10**

*Zumba*  
Andrea

Samstag , 30.12

Sonntag , 31.12