

### Montag , 25.12

#### 10:00 - 10:55

*P.I.I.T Special*  
Team

### Dienstag , 26.12

### Mittwoch , 27.12

#### 08:20 - 08:50

*Core Training*  
Jenny

#### 09:00 - 10:00

*Pump Workout*  
Jenny

#### 10:10 - 11:10

*Sicher gehen*  
Brigitte

#### 12:15 - 13:05

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

#### 18:00 - 19:00

*Pump Workout*  
Simone

#### 19:10 - 20:10

*Pilates*  
Isabelle

### Donnerstag , 28.12

#### 09:10 - 10:15

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

#### 10:20 - 11:20

*Cycling*  
Sandra

#### 12:15 - 12:45

*P.I.I.T*  
Daniela

#### 18:00 - 19:00

*TRX*  
Simone

#### 19:10 - 20:10

*Cycling*  
Simone

### Freitag , 29.12

#### 08:45 - 09:45

*Pump Workout*  
Jenny

#### 09:55 - 10:55

*Rückenfit*  
Simone

#### 12:15 - 13:15

*Pump Workout*  
Simone

#### 17:00 - 18:00

*Yoga*  
Jenny

### Samstag , 30.12

#### 09:15 - 10:15

*Pilates*  
Isabelle

#### 10:30 - 11:30

*Cycling*  
Barbara

### Sonntag , 31.12

#### 10:00 - 11:00

*Zumba*  
Nicholay

#### 11:15 - 12:45

*Cycling*  
Simone