

**Montag , 30.12**

**08:50 - 09:45**

*Pump*  
Andrea

**09:55 - 10:50**

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

**18:00 - 18:55**

*Upcon*  
Céline H.

**19:10 - 20:05**

*Yoga Strength&Flow*  
Nadia

**Dienstag , 31.12**

**Mittwoch , 01.01**

**Donnerstag , 02.01**

**10:15 - 11:00**

*New Year's Special*  
Ruth

**11:15 - 12:00**

*Recover Special*  
Ruth

**Freitag , 03.01**

**09:00 - 09:55**

*Pump*  
Asena

**10:05 - 11:00**

*Yoga*  
Carmen

**12:15 - 12:45**

*P.I.I.T*  
Asena

**Samstag , 04.01**

**09:00 - 09:55**

*Pump*  
Ruth

**10:15 - 11:10**

*Fitboxe*  
Ruth

**Sonntag , 05.01**