

### Montag , 15.01

#### 09:30 - 10:25

*Pilates*  
Giobana

#### 18:00 - 18:25

*Pump i.t.*  
Dominic

#### 18:35 - 19:00

*P.I.I.T*  
Dominic

#### 19:15 - 20:10

*Dance Aerobic / Dance Mix*  
Larissa

### Dienstag , 16.01

#### 18:00 - 18:55

*Rückengymnastik*  
Csilla

#### 19:10 - 20:05

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

### Mittwoch , 17.01

#### 09:00 - 09:55

*Yoga*  
Giobana

#### 17:35 - 18:30

*Pilates*  
Giobana

#### 19:00 - 19:55

*Pump*  
Vittoria

### Donnerstag , 18.01

#### 18:00 - 18:55

*Yoga*  
Larissa

#### 19:15 - 20:10

*Cycling*  
Remo

### Freitag , 19.01

#### 18:00 - 18:55

*Functional Workout*  
Dominic

#### 19:00 - 19:55

*Zumba*  
Katarzyna

### Samstag , 20.01

### Sonntag , 21.01