

### Montag , 23.12

**09:30 - 10:25**

*Pilates*  
Alina

**18:00 - 18:25**

*Pump i.t.*  
Dominic

**18:35 - 19:05**

*P.I.I.T*  
Dominic

**19:15 - 20:10**

*Zumba*  
Katarzyna

### Dienstag , 24.12

**18:00 - 18:55**

*Rückengymnastik*  
Csilla

**19:10 - 20:05**

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

### Mittwoch , 25.12

**17:35 - 18:30**

*Pilates*  
Giobana

### Donnerstag , 26.12

### Freitag , 27.12

**09:00 - 09:55**

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

**18:00 - 18:55**

*Functional Workout*  
Dominic

**19:00 - 19:55**

*Zumba*  
Katarzyna

### Samstag , 28.12

### Sonntag , 29.12

**09:30 - 10:25**

*Mobility*  
Alina