

### Montag , 27.01

**09:30 - 10:25**

*Pilates*  
Giobana

**18:00 - 19:05**

*P.I.I.T*  
Dominic

**18:00 - 18:55**

*Pump i.t.*  
Dominic

**19:15 - 20:10**

*Dance Aerobic / Dance Mix*  
Larissa

### Dienstag , 28.01

**18:00 - 18:55**

*Rückengymnastik*  
Csilla

**19:10 - 20:05**

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

### Mittwoch , 29.01

**09:00 - 09:55**

*Yoga*  
Giobana

**17:35 - 18:30**

*Pilates*  
Giobana

**19:00 - 19:55**

*Pump*  
Vittoria

### Donnerstag , 30.01

**09:00 - 09:55**

*Pump*  
Vittoria

**18:00 - 18:55**

*Yoga*  
Giobana

**19:15 - 20:10**

*Cycling*  
Remo

### Freitag , 31.01

**09:00 - 09:55**

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

**18:00 - 18:55**

*Functional Workout*  
Dominic

**19:00 - 19:55**

*Zumba*  
Katarzyna

### Samstag , 01.02

**09:30 - 10:25**

*Mobility*  
Alina

### Sonntag , 02.02