

### Montag , 04.12

**09:10 - 10:05**

*Pump*  
Ajla

**18:00 - 18:55**

*Pump*  
Kim

**19:15 - 20:10**

*Fitboxe*  
Nicole

### Dienstag , 05.12

**18:00 - 18:55**

*Zumba*  
Diana

**19:05 - 20:00**

*Power Yoga*  
Kim

### Mittwoch , 06.12

**09:05 - 10:00**

*Pump*  
Ajla

**10:30 - 11:25**

*Spiralkraft*  
Monika

**18:15 - 19:10**

*Pump*  
Veronica

### Donnerstag , 07.12

**09:05 - 10:00**

*Pilates*  
Vasiliki

**18:00 - 18:55**

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

**19:00 - 19:55**

*Fitboxe*  
Sandy

### Freitag , 08.12

**18:00 - 19:30**

*Zumba Special*  
Team

### Samstag , 09.12

### Sonntag , 10.12

**09:00 - 09:55**

*Pump*  
Vicky

**10:10 - 11:05**

*Pilates*  
Vicky