

### Montag , 18.12

**09:10 - 10:05**

*Pump*  
Ajla

**18:00 - 18:55**

*Pump*  
Monika

**19:15 - 19:45**

*P.I.I.T*  
Monika

### Dienstag , 19.12

**09:05 - 10:00**

*Yoga*  
Nadine

**18:00 - 18:55**

*Zumba*  
Diana

**19:05 - 20:00**

*Power Yoga*  
Liliya

### Mittwoch , 20.12

**09:05 - 10:00**

*Pump*  
Ajla

**10:30 - 11:25**

*Spiralkraft*  
Monika

**18:15 - 19:10**

*Pump*  
Veronica

### Donnerstag , 21.12

**09:05 - 10:00**

*Pilates*  
Eva

**18:00 - 18:55**

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

**19:00 - 19:55**

*Fitboxe*  
Sandy

### Freitag , 22.12

**09:05 - 10:00**

*Zumba*  
Miriam

### Samstag , 23.12

### Sonntag , 24.12