

### Montag , 01.01

### Dienstag , 02.01

**09:30 - 10:25**

*Zumba*  
Miriam

**12:10 - 12:40**

*P.I.I.T*  
Daniela

**18:00 - 18:55**

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

**19:05 - 20:00**

*Fitboxe*  
Sandra

### Mittwoch , 03.01

**12:15 - 13:10**

*Upcon*  
Ajla

**17:30 - 18:25**

*Pilates*  
Sandra

**18:35 - 19:30**

*Pump*  
Sandra

**19:40 - 20:35**

*Zumba*  
Andrea

### Donnerstag , 04.01

**09:15 - 10:10**

*Full Body Workout*  
Nena Nevenka

**12:10 - 12:40**

*P.I.I.T*  
Sandra

**18:00 - 18:55**

*Upcon*  
Nadine

**18:40 - 19:35**

*Yoga*  
Nadine

### Freitag , 05.01

**09:15 - 10:10**

*Yoga*  
Nadine

### Samstag , 06.01

### Sonntag , 07.01

**10:00 - 10:55**

*Zumba*  
Ana