

Montag , 01.01

Dienstag , 02.01

**18:00 - 18:55**

*Functional Workout*  
Sarina

**19:00 - 19:55**

*Power Yoga*  
Ambra

Mittwoch , 03.01

**09:15 - 10:10**

*Rückenfit*  
Marco

**18:00 - 18:55**

*Yoga*  
Ladina

**19:00 - 19:55**

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

Donnerstag , 04.01

**09:15 - 10:10**

*Functional Workout*  
Erendita

**18:00 - 18:55**

*Pump*  
Sarina

**19:05 - 20:00**

*Pilates*  
Annaliese

Freitag , 05.01

Samstag , 06.01

Sonntag , 07.01