

### Montag , 05.12

**09:10 - 10:05**

*Pump*  
Claudia

**18:05 - 19:00**

*Zumba*  
Adriana

**19:10 - 20:05**

*Pilates*  
Beatriz

### Dienstag , 06.12

**09:10 - 10:05**

*Yoga*  
Katrin

**18:00 - 18:30**

*P.I.I.T*  
Marion

**18:45 - 19:40**

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

### Mittwoch , 07.12

**18:30 - 19:25**

*Pump*  
Petra

### Donnerstag , 08.12

**09:10 - 10:05**

*Zumba*  
Adriana

**18:30 - 19:25**

*Fighttime 55'*  
Natasha

### Freitag , 09.12

**18:30 - 19:25**

*Powerstep*  
Adriana

### Samstag , 10.12

**09:30 - 10:00**

*P.I.I.T*  
Petra

**10:05 - 11:00**

*Pump*  
Petra

### Sonntag , 11.12

**10:30 - 11:25**

*Functional Workout*  
Natasha