

### Montag , 16.01

**09:10 - 10:05**

*Pump*  
Claudia

**18:05 - 19:00**

*Zumba*  
Adriana

**19:10 - 20:05**

*Pilates*  
Beatriz

### Dienstag , 17.01

**09:10 - 10:05**

*Yoga*  
Katrin

**18:00 - 18:30**

*P.I.I.T*  
Nadine

**18:45 - 19:40**

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

### Mittwoch , 18.01

**18:30 - 19:25**

*Pump*  
Petra

### Donnerstag , 19.01

**09:10 - 10:05**

*Zumba*  
Adriana

**18:30 - 19:25**

*Kick Power*  
Nadine

### Freitag , 20.01

**18:30 - 19:25**

*Powerstep*  
Atilla

### Samstag , 21.01

**09:30 - 10:00**

*P.I.I.T*  
Petra

**10:05 - 11:00**

*Pump*  
Petra

### Sonntag , 22.01

**10:30 - 11:25**

*Functional Workout*  
Nadine