

### Montag , 11.12

<b>09:00 - 09:55</b> <i>Yoga</i> Laura	<b>10:05 - 11:00</b> <i>Upcon</i> Melanie	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
--	---	--

### Dienstag , 12.12

<b>09:00 - 09:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane	<b>10:10 - 11:05</b> <i>Rückenfit</i> Isabel	<b>18:00 - 18:55</b> <i>TRX</i> Graziella	<b>19:00 - 19:55</b> <i>Pump</i> Graziella
--	--	---	--

### Mittwoch , 13.12

<b>09:00 - 09:55</b> <i>Zumba</i> Sibylle	<b>10:10 - 11:05</b> <i>Cycling</i> Carlo	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Tea	<b>19:00 - 19:55</b> <i>Cycling</i> Barbara
---	---	---	---

### Donnerstag , 14.12

<b>09:00 - 09:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane	<b>10:10 - 11:05</b> <i>Yoga</i> Isabel	<b>18:00 - 18:55</b> <i>Power Yoga</i> Neira
--	---	--

### Freitag , 15.12

<b>08:50 - 09:20</b> <i>P.I.I.T</i> Melanie	<b>09:30 - 10:00</b> <i>Simply Core</i> Melanie	<b>10:10 - 11:05</b> <i>Rückenfit</i> Isabel
---	---	--

### Samstag , 16.12

<b>10:00 - 10:55</b> <i>Zumba</i> Deniz	<b>11:10 - 12:05</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
---	--

### Sonntag , 17.12

<b>10:00 - 10:55</b> <i>Cycling</i> Manuel
--