

### Montag , 25.12

### Dienstag , 26.12

**10:00 - 10:55**

*Upcon Special*  
Melanie

### Mittwoch , 27.12

**09:00 - 09:55**

*Zumba*  
Deniz

**10:10 - 11:05**

*Cycling*  
Carlo

**19:00 - 19:55**

*Cycling*  
Petra

### Donnerstag , 28.12

**09:00 - 09:55**

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

**10:10 - 11:05**

*Yoga*  
Fabienne

**19:00 - 19:55**

*Cycling*  
Barbara

### Freitag , 29.12

**08:50 - 09:20**

*P.I.I.T*  
Bianca

**09:30 - 10:00**

*Simply Core*  
Bianca

**10:10 - 11:05**

*Rückenfit*  
Isabelle

### Samstag , 30.12

**10:00 - 10:55**

*Zumba*  
Deniz

**11:10 - 12:05**

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

### Sonntag , 31.12

**10:00 - 10:55**

*Dance Aerobic / Dance Mix*  
Graziella