

**Montag , 30.12**

**09:00 - 09:55**

*Yoga*  
Laura

**10:05 - 11:00**

*Upcon*  
Melanie

**18:00 - 18:55**

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

**Dienstag , 31.12**

**10:30 - 11:25**

*Step Aerobic*  
Graziella

**Mittwoch , 01.01**

**09:00 - 09:55**

*Zumba*  
Sibylle

**Donnerstag , 02.01**

**09:00 - 09:55**

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

**10:10 - 11:05**

*Yoga*  
Isabel

**18:00 - 18:55**

*Power Yoga*  
Elissa

**Freitag , 03.01**

**08:50 - 09:20**

*P.I.I.T*  
Melanie

**09:30 - 10:00**

*Simply Core*  
Melanie

**10:10 - 11:05**

*Rückenfit*  
Isabel

**Samstag , 04.01**

**10:00 - 10:55**

*Zumba*  
Aaron Noah

**11:10 - 12:05**

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

**Sonntag , 05.01**

**09:30 - 10:25**

*Cycling*  
Manuel

**10:40 - 11:35**

*Dance Aerobic / Dance Mix*  
Graziella