

### Montag , 04.12

#### 12:15 - 12:45

*P.I.I.T*  
Melanie

#### 18:10 - 19:05

*Pump*  
Saskia

#### 19:15 - 20:10

*Functional Workout*  
Saskia

### Dienstag , 05.12

#### 09:00 - 09:55

*Yoga*  
Laura

#### 10:10 - 11:05

*Zumba*  
Felicia

#### 12:10 - 13:05

*Pump*  
Saskia

#### 18:00 - 18:55

*Pilates*  
Geneviève

#### 19:05 - 20:00

*Functional Workout*  
Bianca

### Mittwoch , 06.12

#### 08:45 - 09:40

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

#### 09:50 - 10:45

*Rückenfit*  
Sonja

#### 18:00 - 18:55

*Powerstep*  
Fabienne

#### 19:05 - 20:00

*Power Yoga*  
Fabienne

### Donnerstag , 07.12

#### 09:30 - 10:25

*Pilates*  
Geneviève

#### 18:00 - 18:55

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

#### 19:05 - 20:00

*Pump*  
Cristian

#### 20:10 - 21:05

*Zumba*  
Felicia

### Freitag , 08.12

#### 08:30 - 09:25

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

### Samstag , 09.12

#### 09:30 - 10:25

*Step'n Tone*  
Priska

### Sonntag , 10.12

#### 10:00 - 10:55

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