

Montag , 01.01

Dienstag , 02.01

**08:30 - 09:25**

*Functional Yoga*  
Johana

**18:45 - 19:40**

*Toning / Pilates*  
Martina

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

Mittwoch , 03.01

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

Donnerstag , 04.01

**18:45 - 19:40**

*Yoga*  
Renata

**19:45 - 20:40**

*Upcon*  
Johana

Freitag , 05.01

**09:45 - 10:40**

*Functional Workout*  
Johana

Samstag , 06.01

Sonntag , 07.01