

### Montag , 06.01

**17:30 - 18:25**

*Pilates*  
Caroline

**18:45 - 19:40**

*Step'n Tone*  
Sandra

**19:45 - 20:40**

*Functional Workout*  
Johana

### Dienstag , 07.01

**08:30 - 09:25**

*Functional Yoga*  
Johana

**18:45 - 19:40**

*Toning / Pilates*  
Caroline

**19:45 - 20:40**

*Dance Aerobic / Dance Mix*  
Johana

### Mittwoch , 08.01

**10:05 - 11:00**

*Pilates*  
Caroline

**18:45 - 19:40**

*Pump*  
Martina

**20:00 - 20:55**

*Deep Stretch*  
Andreina

### Donnerstag , 09.01

**18:45 - 19:40**

*Yoga*  
Lisa

**19:45 - 20:40**

*Upcon*  
Johana

### Freitag , 10.01

### Samstag , 11.01

### Sonntag , 12.01