

### Montag , 09.12

**09:10 - 10:05**

*Pilates*  
Barbara

**18:15 - 19:00**

*Step Aerobic*  
Dario

**19:15 - 20:10**

*Pump*  
Dario

### Dienstag , 10.12

**09:10 - 10:05**

*Power Yoga*  
Alla

**18:00 - 18:55**

*Power Yoga*  
Camille

### Mittwoch , 11.12

**19:00 - 19:55**

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

### Donnerstag , 12.12

**18:30 - 19:25**

*Pump*  
Sally

**19:30 - 20:25**

*Pilates*  
Sally

### Freitag , 13.12

### Samstag , 14.12

### Sonntag , 15.12

**09:30 - 10:25**

*Power Yoga*  
Camille