

### Montag , 11.12

**09:00 - 09:55**

*Pump*  
Adriana

**19:00 - 19:55**

*Fitboxe*  
Sandy

**20:15 - 21:10**

*Power Yoga*  
Liliya

### Dienstag , 12.12

**09:00 - 09:55**

*Pump*  
Monika

**10:10 - 11:05**

*Pilates*  
Sarah

**12:15 - 12:45**

*P.I.I.T*  
Monika

**18:15 - 19:10**

*Pump*  
Sarah

**19:15 - 20:10**

*Dance Step*  
Christina

### Mittwoch , 13.12

**09:30 - 10:25**

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

**17:55 - 18:50**

*Zumba*  
Marion

**19:05 - 20:00**

*Fitboxe*  
Alina

### Donnerstag , 14.12

**09:10 - 10:05**

*Rückengymnastik*  
Olivia

**12:15 - 12:45**

*P.I.I.T*  
Janina

**18:00 - 18:55**

*Pump*  
Monika

**19:05 - 20:00**

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

### Freitag , 15.12

**09:05 - 10:00**

*Yoga*  
Lisa

**10:15 - 11:10**

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

### Samstag , 16.12

**09:00 - 09:55**

*Yoga*  
Annemie

**10:15 - 11:10**

*Fitboxe*  
Sandy

### Sonntag , 17.12

**09:20 - 10:15**

*Zumba*  
Marion

**10:30 - 11:25**

*Pump*  
Sarah