

Montag , 25.12

Dienstag , 26.12

Mittwoch , 27.12

**09:10 - 10:05**

*Pump*  
Sandra

**10:10 - 10:40**

*Simply Core*  
Sandra

**18:30 - 19:25**

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

**19:35 - 20:30**

*Pilates*  
Monika

Donnerstag , 28.12

**09:10 - 10:05**

*Functional Workout*  
Sara

**18:45 - 19:40**

*Pump*  
Janine

Freitag , 29.12

**10:15 - 11:10**

*Pilates*  
Yvette

Samstag , 30.12

Sonntag , 31.12

**09:10 - 10:05**

*Pump*  
Sandra