

### Montag , 22.01

#### 09:10 - 10:05

*Pump i.t.*  
Lydia

#### 10:10 - 10:40

*P.I.I.T*  
Lydia

#### 18:00 - 18:30

*P.I.I.T*  
Rahel

#### 18:40 - 19:35

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

### Dienstag , 23.01

#### 18:00 - 18:55

*Power Yoga*  
Manuela

### Mittwoch , 24.01

#### 09:10 - 10:05

*Pump*  
Sandra

#### 10:10 - 10:40

*Simply Core*  
Sandra

#### 18:30 - 19:25

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

#### 19:35 - 20:30

*Pilates*  
Manuela

### Donnerstag , 25.01

#### 09:10 - 10:05

*Functional Workout*  
Lydia

#### 18:45 - 19:40

*Pump*  
Janine

### Freitag , 26.01

#### 10:15 - 11:10

*Pilates*  
Yvette

### Samstag , 27.01

### Sonntag , 28.01

#### 09:10 - 10:05

*Yoga*  
Rahel