

**Montag , 29.01**

**09:10 - 09:40**

*Pump i.t.*  
Sandra

**09:45 - 10:15**

*P.I.I.T*  
Sandra

**18:00 - 18:30**

*P.I.I.T*  
Rahel

**18:40 - 19:35**

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

**Dienstag , 30.01**

**18:00 - 18:55**

*Power Yoga*  
Manuela

**Mittwoch , 31.01**

**09:10 - 10:05**

*Pump*  
Barbara

**10:10 - 10:40**

*Simply Core*  
Barbara

**18:30 - 19:25**

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

**19:35 - 20:30**

*Pilates*  
Monika

**Donnerstag , 01.02**

**09:10 - 10:05**

*Functional Workout*  
Sara

**18:45 - 19:40**

*Pump*  
Lydia

**Freitag , 02.02**

**10:15 - 11:10**

*Pilates*  
Yvette

**Samstag , 03.02**

**Sonntag , 04.02**

**09:10 - 10:05**

*Yoga*  
Nadine