

**Montag , 20.01**

**09:10 - 10:05**

*Pump*  
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 , 21.01**

**18:00 - 18:55**

*Power Yoga*  
Manuela

**19:05 - 19:35**

*Stretching*  
Manuela

**Mittwoch , 22.01**

**09:10 - 10:05**

*Pump*  
Barbara

**10:10 - 10:40**

*Simply Core*  
Barbara

**Donnerstag , 23.01**

**09:10 - 10:05**

*Functional Workout*  
Sara

**18:45 - 19:40**

*Pump*  
Janine

**Freitag , 24.01**

**10:15 - 11:10**

*Pilates*  
Yvette

**Samstag , 25.01**

**Sonntag , 26.01**

**09:10 - 10:05**

*Upcon*  
Sophie