

### Montag , 01.01

### Dienstag , 02.01

**19:00 - 19:30**

*P.I.I.T*

Carmen

### Mittwoch , 03.01

**08:00 - 08:55**

*Pump*

Manu

**09:05 - 10:00**

*Fitboxe*

Manu

**10:05 - 11:00**

*Pilates*

Manu

**18:00 - 18:55**

*Cycling*

Ruedi

**19:00 - 19:55**

*Pump*

Erika

### Donnerstag , 04.01

**18:00 - 18:55**

*Pilates*

Monica

**19:00 - 19:55**

*Functional Workout*

Monica

### Freitag , 05.01

**08:00 - 08:55**

*Rückengymnastik*

Manu

**09:05 - 10:00**

*Pump*

Manu

**17:30 - 18:25**

*Pump*

Erika

### Samstag , 06.01

**09:00 - 09:55**

*Pump*

Erika

### Sonntag , 07.01

**09:00 - 09:55**

*Cycling*

Ruedi