

**Montag , 29.01**

<b>08:00 - 08:55</b> <i>Pump</i> Manu	<b>09:05 - 10:00</b> <i>Functional Workout</i> Manu	<b>10:00 - 10:30</b> <i>Simply Core</i> Manu	<b>12:00 - 12:55</b> <i>Pump</i> Manu	<b>18:00 - 18:55</b> <i>Cycling</i> Patrick	<b>19:00 - 19:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
---	---	--	---	---	--

**Dienstag , 30.01**

<b>09:00 - 09:55</b> <i>Yoga</i> Jeannette	<b>19:00 - 19:30</b> <i>P.I.I.T</i> Melanie
--	---

**Mittwoch , 31.01**

<b>08:00 - 08:55</b> <i>Pump</i> Manu	<b>09:05 - 10:00</b> <i>Fitboxe</i> Manu	<b>10:05 - 11:00</b> <i>Pilates</i> Manu	<b>18:00 - 18:55</b> <i>Cycling</i> David	<b>19:00 - 19:55</b> <i>Pump</i> Erika
---	--	--	---	--

**Donnerstag , 01.02**

<b>18:00 - 18:55</b> <i>Pilates</i> Monica	<b>19:00 - 19:55</b> <i>Functional Workout</i> Monica
--	---

**Freitag , 02.02**

<b>08:00 - 08:55</b> <i>Rückengymnastik</i> Manu	<b>09:05 - 10:00</b> <i>Pump</i> Manu	<b>17:30 - 18:25</b> <i>Pump</i> Melanie
--	---	--

**Samstag , 03.02**

<b>09:00 - 09:55</b> <i>Pump</i> Erika
--

**Sonntag , 04.02**

<b>09:00 - 09:55</b> <i>Cycling</i> David
---