

**Montag , 30.12**

**08:00 - 08:55**

*Pump*  
Manu

**09:05 - 10:00**

*Functional Workout*  
Manu

**10:00 - 10:30**

*Simply Core*  
Manu

**12:00 - 12:55**

*Pump*  
Manu

**18:00 - 18:55**

*Cycling*  
Patrick

**19:00 - 19:55**

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

**Dienstag , 31.12**

**Mittwoch , 01.01**

**Donnerstag , 02.01**

**08:00 - 08:55**

*Rückengymnastik*  
Manu

**09:30 - 11:30**

*Fitboxe Special*  
Manu

**Freitag , 03.01**

**09:05 - 10:00**

*Pump*  
Manu

**09:05 - 10:00**

*Pump*  
Manu

**17:30 - 18:25**

*Pump*  
Erika

**Samstag , 04.01**

**09:00 - 09:55**

*Pump*  
Manu

**Sonntag , 05.01**