

### Montag , 08.01

**09:00 - 09:55**

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

**18:30 - 19:25**

*Zumba*  
Gabriela

### Dienstag , 09.01

**17:45 - 18:40**

*Kick Power*  
Sonia

**18:45 - 19:40**

*Bodybalance*  
Sonia

### Mittwoch , 10.01

**09:00 - 09:55**

*Functional Workout*  
Nancy

**18:15 - 18:45**

*TRX*  
Nancy

**19:00 - 19:55**

*Functional Workout*  
Nancy

### Donnerstag , 11.01

**18:00 - 18:55**

*Pump*  
Ruth

### Freitag , 12.01

**09:00 - 09:55**

*Functional Workout*  
Nancy

### Samstag , 13.01

### Sonntag , 14.01