

### Montag , 09.12

**09:00 - 09:55**

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

**18:30 - 19:25**

*Zumba*  
Gabriela

### Dienstag , 10.12

**10:00 - 10:55**

*Yoga*  
Pedro

**17:45 - 18:40**

*Bodycombat*  
Sonia

**18:45 - 19:40**

*Bodybalance*  
Sonia

### Mittwoch , 11.12

**18:15 - 18:45**

*TRX*  
Nancy

**19:00 - 19:55**

*Functional Workout*  
Nancy

### Donnerstag , 12.12

**18:00 - 18:55**

*Pump*  
Ruth

### Freitag , 13.12

### Samstag , 14.12

### Sonntag , 15.12