

### Montag , 06.01

#### 09:00 - 09:55

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

#### 18:30 - 19:25

*Zumba*  
Daniela

### Dienstag , 07.01

#### 10:00 - 10:55

*Yoga*  
Pedro

#### 17:45 - 18:40

*Bodycombat*  
Sonia

#### 18:45 - 19:40

*Bodybalance*  
Sonia

### Mittwoch , 08.01

#### 09:30 - 10:25

*Functional Workout*  
Barbara

#### 18:15 - 18:45

*TRX*  
Nancy

#### 19:00 - 19:55

*Functional Workout*  
Nancy

### Donnerstag , 09.01

#### 18:00 - 18:55

*Pump*  
Ruth

### Freitag , 10.01

#### 09:00 - 09:55

*Functional Workout*  
Nancy

### Samstag , 11.01

### Sonntag , 12.01