

### Montag , 16.12

**18:00 - 18:55**

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

**19:10 - 20:05**

*Zumba*  
Karin

### Dienstag , 17.12

**18:00 - 18:25**

*Functional Workout*  
Marina

**18:30 - 19:25**

*TRX*  
Marina

### Mittwoch , 18.12

**17:30 - 18:25**

*Fighttime 55'*  
Jeniffer

**18:30 - 19:25**

*Power Yoga*  
Yinny

### Donnerstag , 19.12

**18:00 - 18:55**

*TRX*  
Janine

**19:10 - 20:05**

*Zumba*  
Karin

### Freitag , 20.12

**09:00 - 09:55**

*Power Yoga*  
Yinny

**10:00 - 10:25**

*Simply Core*  
Yinny

### Samstag , 21.12

### Sonntag , 22.12

**10:00 - 10:55**

*Functional Workout*  
Marina