

Montag , 16.01

08:30 - 09:25 Yoga Lisa	09:45 - 10:40 Pilates Monika	18:20 - 19:15 Pump Marlis	19:30 - 20:25 Yoga Seraina
--------------------------------------	-------------------------------------------	----------------------------------------	-----------------------------------------

Dienstag , 17.01

09:10 - 10:05 MC (Mental Centering) Matthias	18:10 - 18:40 P.I.I.T Janina	18:50 - 19:45 BBP (Bauch, Beine, Po) / Bodytone Renata
-----------------------------------------------------------	-------------------------------------------	------------------------------------------------------------------------

Mittwoch , 18.01

08:00 - 08:55 Pilates Monika	09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Monika	18:50 - 19:45 Dance Aerobic / Dance Mix Monika	20:00 - 20:55 Yoga Silvana
-------------------------------------------	------------------------------------------------------------------------	----------------------------------------------------------------	-----------------------------------------

Donnerstag , 19.01

08:30 - 09:25 Rückengymnastik Liz	09:35 - 10:30 Pump Adriana	19:10 - 20:05 Fighttime 55' Maria
------------------------------------------------	-----------------------------------------	------------------------------------------------

Freitag , 20.01

09:00 - 09:55 Pump Vicky	10:05 - 11:00 Yoga Michaela
---------------------------------------	------------------------------------------

Samstag , 21.01

Sonntag , 22.01