

### Montag , 25.12

**09:30 - 11:00**

*Christmas Special*  
Marlis

### Dienstag , 26.12

### Mittwoch , 27.12

**08:00 - 08:55**

*Pilates*  
Silvana

**09:00 - 09:55**

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

**18:50 - 19:45**

*Dance Aerobic / Dance  
Mix*  
Patrick Juvet

**20:00 - 20:55**

*Yoga*  
Silvana

### Donnerstag , 28.12

**08:30 - 09:25**

*Rückengymnastik*  
Liz

**09:35 - 10:30**

*Pump*  
Adriana

### Freitag , 29.12

**09:00 - 09:55**

*Pump*  
Ajla

**10:05 - 11:00**

*Yoga*  
Dinah

### Samstag , 30.12

### Sonntag , 31.12