

**Lundi , 19.12**

**09:10 - 10:05**

*Pump*  
Michelle

**18:00 - 18:55**

*Pump*  
Kim

**19:15 - 20:10**

*Fitboxe*  
Nicole

**Mardi , 20.12**

**09:05 - 10:00**

*Yoga*  
Isabelle

**18:00 - 18:55**

*Zumba*  
Diana

**19:05 - 20:00**

*Power Yoga*  
Kim

**Mercredi , 21.12**

**09:10 - 10:05**

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

**10:30 - 11:25**

*Spiralkraft*  
Monika

**18:15 - 19:10**

*Pump*  
Kim

**Jeudi , 22.12**

**09:05 - 10:00**

*Pilates*  
Vasiliki

**18:00 - 18:55**

*BBP (Bauch, Beine, Po) /  
Bodytone*  
Nena Nevenka

**19:00 - 19:55**

*Fitboxe*  
Sandy

**Vendredi , 23.12**

**09:05 - 10:00**

*Zumba*  
Miriam

**Samedi , 24.12**

**Dimanche , 25.12**