

**Lundi , 04.12**

**09:00 - 09:55**

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

**10:00 - 10:55**

*Yoga*  
Alexandra

**12:15 - 12:45**

*P.I.I.T*  
Linda

**18:00 - 18:55**

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

**19:00 - 19:55**

*Zumba*  
Andrea

**20:00 - 20:55**

*Power Yoga*  
Beatrice

**Mardi , 05.12**

**09:00 - 09:55**

*Zumba Gold*  
Petra

**10:00 - 10:55**

*Power Yoga*  
Michaela

**17:25 - 17:55**

*P.I.I.T*  
Linda

**18:00 - 18:55**

*Kick Power*  
Nicole

**19:00 - 19:55**

*Pump*  
Sandra

**Mercredi , 06.12**

**09:25 - 10:10**

*Senioren Cycling*  
Alexandra

**10:15 - 11:10**

*Rückengymnastik*  
Alexandra

**18:00 - 18:55**

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

**19:15 - 20:10**

*Cycling*  
Yves

**Jeudi , 07.12**

**06:15 - 07:10**

*Pilates*  
Sandra

**09:30 - 10:25**

*Pilates*  
Sara

**12:15 - 12:45**

*P.I.I.T*  
Angela

**18:00 - 18:55**

*Pump*  
Nicole

**19:05 - 20:00**

*Fitboxe*  
Andrej

**Vendredi , 08.12**

**09:00 - 09:55**

*Rückengymnastik*  
Nicola

**10:00 - 10:55**

*Yoga*  
Asal

**12:05 - 13:00**

*Pump*  
Sandra

**17:45 - 18:40**

*Cycling*  
Julia

**19:00 - 19:55**

*Pilates*  
Eva

**Samedi , 09.12**

**09:30 - 10:25**

*Yoga*  
Michaela

**Dimanche , 10.12**

**08:55 - 09:25**

*P.I.I.T*  
Désirée

**09:30 - 10:25**

*Pump*  
Sandra