

### Lundi , 16.01

**08:30 - 09:25**

*Pump*  
Michael

**12:10 - 13:05**

*Yoga*  
Sibilla

**13:30 - 14:25**

*Rückenfit*  
Sibilla

**18:00 - 18:55**

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

**19:15 - 19:45**

*Upcon*  
Lena

**20:00 - 20:55**

*Yoga*  
Any

### Mardi , 17.01

**09:00 - 09:55**

*Pilates*  
Brigitta

**17:50 - 18:45**

*Rückenfit*  
Cecilia

**19:00 - 19:55**

*Zumba*  
Sabrina

**20:10 - 21:05**

*Pump*  
Mariella

### Mercredi , 18.01

**08:30 - 09:25**

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

**09:30 - 10:25**

*Yoga*  
Karin

**18:00 - 18:55**

*Pilates*  
Marlene

### Jeudi , 19.01

**09:00 - 09:55**

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

**10:10 - 11:05**

*Pilates*  
Marlene

**18:00 - 18:30**

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

**18:45 - 19:15**

*P.I.I.T*  
Mariella

### Vendredi , 20.01

**10:00 - 10:55**

*Rückenfit*  
Marlene

**17:30 - 18:25**

*Pump*  
Michael

### Samedi , 21.01

**09:30 - 10:00**

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

**10:15 - 11:45**

*Yoga*  
Any

### Dimanche , 22.01

**09:15 - 10:10**

*Yoga*  
Jasmin

**10:30 - 11:00**

*P.I.I.T*  
Lena

**11:15 - 12:10**

*Zumba*  
Mariella