

### Montag , 08.01

**09:30 - 10:25**

*Pilates*  
 Sonja

**17:30 - 18:00**

*Les Mills Grit*  
 Anna

**18:15 - 19:10**

*Faszien-Training*  
 Olga

**18:15 - 19:10**

*Cycling*  
 Rene

**19:30 - 20:30**

*Les Mills Bodypump*  
 Nicole

### Dienstag , 09.01

**09:15 - 10:15**

*Les Mills Bodypump*  
 Barbara

**12:05 - 13:05**

*Les Mills Bodypump*  
 Tatiana

**17:45 - 18:15**

*Les Mills CORE*  
 Ilona

**18:20 - 19:15**

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

### Mittwoch , 10.01

**09:30 - 10:25**

*Pilates*  
 Sonja

**12:05 - 12:35**

*Les Mills CORE*  
 Sonja

**12:35 - 13:05**

*Les Mills Grit*  
 Sonja

**18:30 - 19:30**

*Les Mills Bodypump*  
 Eszter

**19:45 - 20:40**

*Pilates*  
 Sonja

### Donnerstag , 11.01

**12:05 - 13:00**

*Pilates*  
 Sonja

**18:30 - 19:30**

*Martial Art Fit*  
 Dirk

**18:30 - 19:25**

*Cycling*  
 Rene

**19:40 - 20:35**

*Faszien Yoga*  
 Sonja

### Freitag , 12.01

**09:00 - 09:55**

*Faszien-Training*  
 Carole

**12:05 - 13:05**

*Les Mills Bodypump*  
 Elena

### Samstag , 13.01

**09:30 - 10:30**

*Les Mills Bodypump*  
 Eszter

### Sonntag , 14.01

**09:00 - 11:00**

*Cycling Special*  
 Rene

**10:00 - 11:00**

*Les Mills Bodypump*  
 Eszter