

### Montag , 16.01

#### **18:00 - 18:55**

*Pump*  
Nina

### Dienstag , 17.01

#### **07:30 - 08:25**

*Power Yoga*  
Flavia

#### **17:35 - 18:05**

*Simply Core*  
Bettina

#### **18:15 - 19:10**

*Functional Workout*  
Bettina

### Mittwoch , 18.01

#### **17:00 - 17:55**

*Pump*  
Nina

#### **18:00 - 18:55**

*Toning*  
Flavia

#### **19:00 - 19:55**

*Deep Work*  
Flavia

### Donnerstag , 19.01

#### **12:15 - 12:45**

*P.I.I.T*  
Bettina

#### **18:30 - 19:25**

*Yoga*  
Flavia

### Freitag , 20.01

### Samstag , 21.01

#### **11:00 - 11:55**

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

### Sonntag , 22.01