

**Montag , 09.01**

<b>09:00 - 09:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alexandra	<b>10:00 - 10:55</b> <i>Yoga</i> Alexandra	<b>12:15 - 12:45</b> <i>P.I.I.T</i> Linda	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Kerstin	<b>19:00 - 19:55</b> <i>Zumba</i> Andrea	<b>20:00 - 20:55</b> <i>Power Yoga</i> Beatrice
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**Dienstag , 10.01**

<b>09:00 - 09:55</b> <i>Zumba Gold</i> Petra	<b>10:00 - 10:55</b> <i>Power Yoga</i> Michaela	<b>17:30 - 17:55</b> <i>P.I.I.T</i> Linda	<b>18:00 - 18:55</b> <i>Kick Power</i> Nicole	<b>19:00 - 19:55</b> <i>Pump</i> Sandra
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**Mittwoch , 11.01**

<b>09:30 - 10:00</b> <i>Senioren Cycling</i> Alexandra	<b>10:05 - 11:00</b> <i>Rückengymnastik</i> Alexandra	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Katja	<b>19:00 - 19:55</b> <i>Cycling</i> Gilles
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**Donnerstag , 12.01**

<b>06:30 - 07:25</b> <i>Yoga</i> Nina	<b>09:30 - 10:25</b> <i>Pilates</i> Nicola	<b>18:00 - 18:55</b> <i>Pump</i> Nicole	<b>19:00 - 19:55</b> <i>Fitboxe</i> Andrej
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**Freitag , 13.01**

<b>10:00 - 10:55</b> <i>Rückengymnastik</i> Liz	<b>12:05 - 13:00</b> <i>Pump</i> Sandra	<b>19:00 - 19:55</b> <i>Pilates</i> Eva
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**Samstag , 14.01**

<b>09:30 - 10:25</b> <i>Yoga</i> Michaela
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**Sonntag , 15.01**

<b>09:30 - 10:25</b> <i>Pump</i> Nicole
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