

### Montag , 19.12

**18:00 - 18:55**

*Pump*  
Sophie

**19:05 - 19:35**

*P.I.I.T*  
Rahel

**19:45 - 20:40**

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

### Dienstag , 20.12

**18:00 - 18:55**

*Power Yoga*  
Manuela

**19:05 - 20:00**

*Upcon*  
Sophie

### Mittwoch , 21.12

**09:10 - 10:05**

*Pump*  
Barbara

**10:10 - 10:40**

*Simply Core*  
Barbara

**18:20 - 18:50**

*Simply Core*  
Janine

**19:00 - 19:55**

*Pump*  
Janine

### Donnerstag , 22.12

**09:10 - 10:05**

*Functional Workout*  
Barbara

**18:30 - 19:25**

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

**19:35 - 20:30**

*Pilates*  
Monika

### Freitag , 23.12

**10:15 - 11:10**

*Pilates*  
Yvette

### Samstag , 24.12

### Sonntag , 25.12

**09:30 - 10:25**

*BBP Special*  
Sara