

**Montag , 04.12**

**09:15 - 10:10**

*Full Body Workout*  
Nicole

**18:00 - 18:30**

*P.I.I.T*  
Myrta

**18:40 - 19:10**

*Simply Core*  
Myrta

**20:00 - 20:55**

*Pump*  
Darina

**Dienstag , 05.12**

**09:15 - 10:10**

*Pilates*  
Dominique

**19:00 - 19:55**

*Cycling*  
Patrik

**19:00 - 19:55**

*Full Body Workout*  
Nicole

**Mittwoch , 06.12**

**09:15 - 09:45**

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

**09:50 - 10:20**

*P.I.I.T*  
Nicole

**19:00 - 19:55**

*Pump*  
Alexandra

**Donnerstag , 07.12**

**09:15 - 10:10**

*Pilates*  
Dominique

**12:15 - 13:10**

*Pump*  
Jacqueline

**19:00 - 19:55**

*Pilates*  
Dominique

**Freitag , 08.12**

**08:15 - 09:10**

*Pump*  
Corina

**Samstag , 09.12**

**Sonntag , 10.12**