

Montag , 06.01

**08:30 - 09:25**

*Yoga*  
Lisa

**09:45 - 10:40**

*Pilates*  
Claudia

**18:20 - 19:15**

*Pump*  
Marlis

**19:30 - 20:25**

*Pilates*  
Ajla

Dienstag , 07.01

**09:10 - 10:05**

*MC (Mental Centering)*  
Matthias

**18:40 - 19:35**

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

Mittwoch , 08.01

**08:00 - 08:55**

*Pilates*  
Silvana

**09:00 - 09:55**

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

**18:50 - 19:45**

*Dance Aerobic / Dance  
Mix*  
Patrick Juvet

**20:00 - 20:55**

*Yoga*  
Silvana

Donnerstag , 09.01

**08:30 - 09:25**

*Rückengymnastik*  
Liz

**09:35 - 10:30**

*Pump*  
Adriana

**19:00 - 19:55**

*Bodybalance*  
Daniela

Freitag , 10.01

**09:00 - 09:55**

*Pump*  
Ajla

**10:05 - 11:00**

*Yoga*  
Nadine

Samstag , 11.01

Sonntag , 12.01