

Montag , 08.01

**09:00 - 09:45**

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

**12:00 - 12:45**

*Pump*  
Jordane

**18:15 - 19:10**

*Cycling*  
Martina

**19:15 - 20:10**

*TRX*  
Carlos

Dienstag , 09.01

**09:00 - 09:55**

*Yoga*  
Natalia

**12:00 - 12:50**

*Cycling*  
Luigia

**18:15 - 19:10**

*Pump*  
Coralie

**19:15 - 20:10**

*Zumba*  
Jeanne-Fleur

Mittwoch , 10.01

**09:00 - 09:55**

*Pilates*  
Natalia

**12:00 - 12:45**

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

**18:15 - 19:10**

*Urban Dance*  
Florence

**19:15 - 20:10**

*Cycling*  
Carlos

Donnerstag , 11.01

**09:00 - 09:55**

*Full Body Workout*  
Carlos

**12:00 - 12:45**

*Step'n Tone*  
Svetlana

**18:15 - 19:10**

*Interval Training*  
Jordane

Freitag , 12.01

**09:00 - 09:55**

*Yoga*  
Natalia

**12:00 - 12:55**

*TRX*  
Carlos

**18:00 - 18:45**

*Open Gym*  
Carlos

Samstag , 13.01

Sonntag , 14.01

**09:30 - 10:15**

*Pump*  
Carlos