

Lundi , 02.10

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Pilates Cynthia	10:30 - 11:25 Herzgruppe Andrea	10:30 - 11:15 Physio Fit Marie	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Petra	18:00 - 18:55 Functional Workout Fabienne	18:00 - 18:55 Yoga Regine	19:00 - 19:45 Herzgruppe Fabienne
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Mardi , 03.10

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 Cycling Petra	14:00 - 14:55 Herzgruppe Andrea	18:00 - 18:55 TRX Jerom	18:00 - 18:55 Cycling Laura	19:15 - 20:00 Pilates Ines
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Mercredi , 04.10

09:00 - 09:55 Herzgruppe Andrea	09:10 - 10:05 Yoga Laura	10:30 - 11:15 Physio Fit Marie	12:15 - 13:00 Pump Jacqueline	18:00 - 18:55 Functional Workout Raphael
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Jeudi , 05.10

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 TRX Jerom	14:00 - 14:55 Herzgruppe Andrea
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Vendredi , 06.10

10:00 - 10:45 Fit Gym Petra	12:15 - 13:00 Pump Nicolle	18:00 - 18:55 Functional Workout Raphael
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Samedi , 07.10

09:30 - 10:25 Zumba Idalmis	10:00 - 10:55 Full Body Workout Fabienne	10:45 - 11:40 Yoga Olga
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Dimanche , 08.10

09:30 - 10:25 Cycling Petra	10:45 - 11:40 Pump Bärbel
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