

Lundi , 09.09

09:00 - 09:55 <i>Herzgruppe</i> Andrea	09:15 - 10:10 <i>Pilates</i> Cynthia	10:30 - 11:25 <i>Herzgruppe</i> Andrea	10:30 - 11:25 <i>Physio Fit</i> Team	12:15 - 13:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Petra	18:00 - 18:55 <i>Yoga</i> Elissa	18:00 - 18:55 <i>Functional Workout</i> Lorna
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Mardi , 10.09

08:00 - 08:55 <i>Herzgruppe</i> Andrea	09:00 - 09:55 <i>Herzgruppe</i> Andrea	10:30 - 11:25 <i>Herzgruppe</i> Andrea	12:15 - 13:00 <i>Cycling</i> Roberto	14:00 - 14:55 <i>Herzgruppe</i> Andrea	18:00 - 18:55 <i>Cycling</i> Petra	19:15 - 20:10 <i>Pilates</i> Petra
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Mercredi , 11.09

09:10 - 10:05 <i>Yoga</i> Laura	12:15 - 13:00 <i>Pump</i> Bärbel	18:00 - 18:55 <i>Functional Workout</i> Raphael	19:00 - 19:55 <i>Functional Workout</i> Raphael
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Jeudi , 12.09

08:00 - 08:55 <i>Herzgruppe</i> Andrea	09:00 - 09:55 <i>Herzgruppe</i> Andrea	10:30 - 11:25 <i>Herzgruppe</i> Andrea	12:15 - 13:00 <i>TRX</i> Jerom	14:00 - 14:55 <i>Herzgruppe</i> Andrea
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Vendredi , 13.09

10:00 - 10:45 <i>Fit Gym</i> Emanuele	12:15 - 13:00 <i>Pump</i> Jacqueline	18:00 - 18:55 <i>Functional Workout</i> Raphael
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Samedi , 14.09

09:30 - 10:25 <i>Zumba</i> Idalmis	10:00 - 10:55 <i>Functional Workout</i> Jacqueline	10:45 - 11:40 <i>Yoga</i> Fabienne
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Dimanche , 15.09

09:30 - 10:25 <i>Cycling</i> Kathrin	10:45 - 11:40 <i>Pump</i> Jacqueline
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