

Lundi , 30.09

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Pilates Cynthia	10:30 - 11:25 Physio Fit Team	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Petra	18:00 - 18:55 Yoga Regine	18:00 - 18:55 Functional Workout Fabienne	19:00 - 19:55 Herzgruppe Fabienne
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Mardi , 01.10

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 Cycling Laura	19:15 - 20:10 Pilates Isabelle
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Mercredi , 02.10

09:10 - 10:05 Yoga Laura	12:15 - 13:00 Pump Jacqueline	18:00 - 18:55 Functional Workout Raphael	19:00 - 19:55 Functional Workout Raphael
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Jeudi , 03.10

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 TRX Emanuele	14:00 - 14:55 Herzgruppe Andrea
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Vendredi , 04.10

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 , 05.10

10:00 - 10:55 Functional Workout Fabienne	10:45 - 11:40 Yoga Olga
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Dimanche , 06.10

09:30 - 10:25 Cycling Peter
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