

Lundi , 02.10

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| 09:00 - 10:00 Zumba Pilar | 10:10 - 11:10 Stretching Veronika | 12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Brigitte | 18:00 - 18:30 Core Training Simone | 18:30 - 19:30 Boost Workout Simone |
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Mardi , 03.10

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| 08:30 - 09:30 Pilates Veronika | 09:40 - 10:40 Fit ab 60 Veronika | 12:15 - 13:15 Cycling Carlo | 18:00 - 19:00 BBP (Bauch, Beine, Po) / Bodytone Veronika | 19:10 - 20:10 BodyART Veronika |
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Mercredi , 04.10

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| 08:20 - 08:50 Core Training Jenny | 09:00 - 10:00 Pump i.t. Jenny | 10:10 - 11:10 Sicher gehen Brigitte | 12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Jenny | 18:00 - 19:00 Pump i.t. Simone | 19:10 - 20:10 Pilates Olga |
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Jeudi , 05.10

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| 08:10 - 09:00 BodyART International Veronika | 09:10 - 10:10 Circuit Training Brigitte | 10:20 - 11:20 Cycling Claudine | 18:00 - 19:00 TRX Simone | 19:10 - 20:10 Cycling Simone |
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Vendredi , 06.10

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| 08:45 - 09:45 Pump i.t. Jenny | 09:55 - 10:55 Rückenfit Simone | 12:15 - 13:15 Pump i.t. Simone | 17:00 - 18:00 Yoga Jenny |
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Samedi , 07.10

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| 09:15 - 10:15 Pilates Veronika | 10:30 - 11:30 Cycling Simone |
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Dimanche , 08.10

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| 10:00 - 11:00 Zumba Nicholay | 11:15 - 12:15 Cycling Simone |
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