

Lundi , 08.01

09:00 - 09:55 Zumba Deniz	10:10 - 11:05 Stretching Vera	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Brigitte	18:00 - 18:30 Core Training Simone	18:35 - 19:30 Functional Workout Simone
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Mardi , 09.01

08:30 - 09:25 Pilates Isabelle	09:40 - 10:35 Fit ab 60 Isabel	12:15 - 13:10 Cycling Carlo	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Simone
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Mercredi , 10.01

08:20 - 08:50 Simply Core Isabel	09:00 - 09:55 Pump Workout Jenny	10:10 - 11:05 Sicher gehen Brigitte	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Daniela	18:00 - 18:55 Pump Workout Simone	19:10 - 20:05 Pilates Isabelle
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Jeudi , 11.01

09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Brigitte	10:20 - 11:15 Cycling Barbara	12:15 - 12:45 P.I.I.T Daniela	18:00 - 18:55 TRX Simone	19:10 - 20:05 Cycling Manuel
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Vendredi , 12.01

08:45 - 09:40 Pump Workout Simone	09:55 - 10:50 Rückenfit Simone	12:15 - 13:10 Pump Workout Simone	17:00 - 17:55 Yoga Sabrina
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Samedi , 13.01

09:15 - 10:10 Pilates Isabelle	10:30 - 11:25 Cycling Saskia
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Dimanche , 14.01

10:00 - 10:55 Zumba Nicholay	11:15 - 12:10 Cycling Simone
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