

Lundi , 22.01

09:00 - 09:55 Zumba Deniz	10:10 - 11:05 Stretching Veronika	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 , 23.01

08:30 - 09:25 Pilates Veronika	09:40 - 10:35 Fit ab 60 Veronika	12:15 - 13:10 Cycling Carlo	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Veronika	19:10 - 20:05 BodyART Veronika
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Mercredi , 24.01

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 Veronika
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Jeudi , 25.01

08:10 - 09:05 BodyART International Veronika	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 Simone
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Vendredi , 26.01

08:45 - 09:40 Pump Workout Jenny	09:55 - 10:50 Rückenfit Simone	12:15 - 13:10 Pump Workout Simone	17:00 - 17:55 Yoga Jenny
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Samedi , 27.01

09:15 - 10:10 Pilates Veronika	10:30 - 11:25 Cycling Manuel
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Dimanche , 28.01

10:00 - 10:55 Zumba Sibylle	11:15 - 12:10 Cycling Manuel
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