

Lundi , 15.07

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| 09:00 - 09:55 Zumba Deniz | 10:10 - 11:05 Stretching Vera | 12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Cynthia | 18:00 - 18:30 Core Training Simone | 18:35 - 19:30 Functional Workout Simone |
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Mardi , 16.07

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| 08:30 - 09:25 Pilates Mariya | 09:40 - 10:35 Fit ab 60 Mariya | 12:15 - 13:10 Cycling Carlo | 18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Simone |
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Mercredi , 17.07

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| 09:00 - 09:55 Pump Workout Jenny | 10:10 - 11:05 Sicher gehen Susanne | 12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Bianca | 18:00 - 18:55 Pump Workout Simone | 19:10 - 20:05 Pilates Mariya |
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Jeudi , 18.07

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| 09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Susanne | 10:20 - 11:15 Cycling Barbara | 12:15 - 12:45 P.I.I.T Bianca | 18:00 - 18:55 TRX Simone | 19:10 - 20:05 Cycling Manuel |
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Vendredi , 19.07

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| 08:45 - 09:40 Pump Workout Jenny | 09:55 - 10:50 Rückenfit Simone | 12:15 - 13:10 Pump Workout Saskia | 17:00 - 17:55 Yoga Jenny |
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Samedi , 20.07

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| 09:15 - 10:10 Pilates Mariya | 10:30 - 11:25 Cycling Barbara |
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Dimanche , 21.07

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| 10:00 - 10:55 Zumba Nicholay | 11:15 - 12:10 Cycling Barbara |
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