

Lundi , 04.11

09:00 - 09:55 Zumba Deniz	10:10 - 11:05 Stretching Veronika	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Fabienne	18:00 - 18:30 Core Training Luana	18:35 - 19:30 Functional Workout Luana
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Mardi , 05.11

08:30 - 09:25 Pilates Veronika	09:40 - 10:35 Fit ab 60 Veronika	12:15 - 13:10 Cycling Oline	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Veronika	19:10 - 20:05 BodyART Veronika
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Mercredi , 06.11

08:20 - 08:50 Simply Core Isabel	09:00 - 09:55 Pump Workout Jenny	10:10 - 11:05 Sicher gehen Susanne	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Daniela	18:00 - 18:55 Pump Workout Claudine	19:10 - 20:05 Pilates Veronika
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Jeudi , 07.11

08:10 - 09:05 BodyART International Veronika	09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Sabine	10:20 - 11:15 Cycling Barbara	12:15 - 12:45 P.I.I.T Daniela	18:00 - 18:55 TRX Melanie	19:10 - 20:05 Cycling Manuel
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Vendredi , 08.11

08:45 - 09:40 Pump Workout Jenny	09:55 - 10:50 Rückenfit Fabienne	12:15 - 13:10 Pump Workout Saskia	17:00 - 17:55 Yoga Jenny
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Samedi , 09.11

09:15 - 10:10 Pilates Veronika	10:30 - 11:25 Cycling Caroline
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Dimanche , 10.11

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