

Lundi , 30.09

08:00 - 08:55 <i>Motion</i> Pia	09:05 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	17:30 - 18:30 <i>CrossFit</i> Christian	18:30 - 19:25 <i>Zumba</i> Anja	18:30 - 19:30 <i>CrossFit</i> Christian
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Mardi , 01.10

08:15 - 09:00 <i>TRX</i> Ruth	09:00 - 10:00 <i>CrossFit</i> Julia	09:05 - 10:05 <i>Cycling</i> Brigitte	09:30 - 10:25 <i>Functional Workout</i> Ruth	18:10 - 19:05 <i>Pump</i> Leah	18:15 - 19:15 <i>CrossFit</i> Lea	19:15 - 20:15 <i>Faszien-Training</i> Reni
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Mercredi , 02.10

10:00 - 10:30 <i>Core Training</i> Flavia	17:45 - 18:45 <i>CrossFit</i> Lea	18:45 - 19:45 <i>CrossFit</i> Lea	19:00 - 20:00 <i>Power Yoga</i> Flavia
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Jeudi , 03.10

09:00 - 10:00 <i>CrossFit</i> Olivia	09:00 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	10:15 - 11:15 <i>Motion</i> Erich	10:15 - 11:10 <i>Functional Workout</i> Sandra	18:15 - 19:15 <i>CrossFit</i> Lea
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Vendredi , 04.10

08:00 - 08:55 <i>Faszien-Training</i> Reni	09:00 - 09:55 <i>Yoga</i> Pia	09:15 - 10:15 <i>CrossFit</i> Reni	10:10 - 11:05 <i>Pump</i> Ruth	18:00 - 19:00 <i>CrossFit</i> Jernej
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Samedi , 05.10

08:45 - 09:40 <i>Pilates</i> Bettina	09:15 - 10:15 <i>CrossFit</i> Daniel	10:00 - 10:55 <i>Cycling</i> Michaela	10:15 - 11:15 <i>CrossFit</i> Daniel
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Dimanche , 06.10

09:30 - 10:00 <i>Core Training</i> Sonja	10:10 - 11:05 <i>Pump</i> Sonja	10:15 - 11:15 <i>CrossFit</i> Reni
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