

Lundi , 31.03

08:00 - 08:55 <i>Motion</i> Pia	09:00 - 09:55 <i>CrossFit</i> Lea	09:05 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Bianca	17:30 - 18:25 <i>CrossFit</i> Lea	18:30 - 19:25 <i>CrossFit</i> Lea	18:30 - 19:25 <i>Zumba</i> Elena
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Mardi , 01.04

08:15 - 09:00 <i>TRX</i> Ruth	09:00 - 10:00 <i>CrossFit</i> Reni	09:05 - 10:00 <i>Cycling</i> Brigitte	09:30 - 10:25 <i>Functional Workout</i> Ruth	18:00 - 19:00 <i>CrossFit</i> Stefanie	18:10 - 19:05 <i>Les Mills Bodypump</i> Sandra	19:15 - 20:10 <i>Faszien-Training</i> Reni
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Mercredi , 02.04

09:00 - 09:55 <i>Zumba</i> Elena	10:00 - 10:30 <i>Core Training</i> Flavia	12:00 - 12:55 <i>Pump</i> Rebecca	17:30 - 18:30 <i>CrossFit</i> Lea	18:30 - 19:30 <i>CrossFit</i> Lea	19:00 - 19:55 <i>Power Yoga</i> Rocio
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Jeudi , 03.04

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	10:15 - 11:15 <i>Motion</i> Erich	18:00 - 18:55 <i>Cycling</i> Erika	18:45 - 19:45 <i>CrossFit</i> Tilda
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Vendredi , 04.04

08:00 - 08:55 <i>Faszien-Training</i> Reni	09:00 - 09:55 <i>Yogilates</i> Pia	09:15 - 10:15 <i>CrossFit</i> Julia	10:10 - 11:05 <i>Les Mills Bodypump</i> Ruth
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Samedi , 05.04

08:45 - 09:40 <i>Pilates</i> Olga	09:15 - 10:15 <i>CrossFit</i> Lea	10:00 - 10:55 <i>Cycling</i> Michaela	10:15 - 11:15 <i>CrossFit</i> Lea
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Dimanche , 06.04

09:30 - 10:00 <i>Core Training</i> Sonja	10:10 - 11:05 <i>Les Mills Bodypump</i> Sonja	10:15 - 11:15 <i>CrossFit</i> Daniel
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