

Lundi , 16.12

09:15 - 10:10 <i>Pilates</i> Astrid	18:15 - 18:45 <i>P.I.I.T</i> Claude	19:00 - 19:55 <i>Cycling</i> Roman	19:00 - 19:55 <i>Pump</i> Jasmin	20:05 - 21:00 <i>Rückenfit</i> Claudia
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Mardi , 17.12

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Andrea	10:00 - 10:55 <i>Deep Stretch</i> Andrea	12:15 - 12:45 <i>P.I.I.T</i> Claude	18:30 - 19:25 <i>Pump</i> Sandy	19:35 - 20:30 <i>Power Yoga</i> Klaudia
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Mercredi , 18.12

09:00 - 09:55 <i>Pilates</i> Andrea	19:00 - 20:30 <i>Cycling</i> Tanya	19:00 - 19:55 <i>Fitboxe</i> Arlette
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Jeudi , 19.12

09:00 - 09:55 <i>Powerstep</i> Petra	10:00 - 10:55 <i>Yoga</i> Nevin	18:00 - 18:55 <i>Zumba</i> Petra	19:05 - 20:00 <i>Fitboxe</i> Sandy	20:00 - 20:55 <i>Cycling</i> Sandra
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Vendredi , 20.12

08:30 - 09:25 <i>Yoga</i> Michaela	09:30 - 10:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Diana
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Samedi , 21.12

Dimanche , 22.12