

Lundi , 24.03

14:00 - 15:00 <i>Best Agers</i> Erblin	18:00 - 18:55 <i>Les Mills Bodypump</i> Djamshed	19:10 - 20:05 <i>Bodycombat</i> Djamshed	20:15 - 20:50 <i>Core Training</i> Djamshed
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Mardi , 25.03

09:00 - 09:55 <i>Pilates</i> Miroslava	17:40 - 18:35 <i>Rückenfit</i> Daniela	18:00 - 18:45 <i>X Train</i> Jaromir	18:50 - 19:55 <i>Jumping</i> Djamshed	20:05 - 21:00 <i>BoxingFitness</i> Philippe
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Mercredi , 26.03

08:00 - 09:00 <i>Best Agers</i> Erblin	10:00 - 10:55 <i>Yoga</i> Keith	16:55 - 17:50 <i>Les Mills Bodypump</i> Djamshed	18:00 - 18:55 <i>Bodycombat</i> Djamshed	19:10 - 20:05 <i>Pilates</i> Miroslava
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Jeudi , 27.03

18:00 - 19:00 <i>X Train</i> Flavio	18:00 - 18:55 <i>Jumping</i> Djamshed	19:15 - 19:50 <i>Core Training</i> Djamshed
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Vendredi , 28.03

09:00 - 09:55 <i>Bodycombat</i> Nicole	18:00 - 18:55 <i>BoxingFitness</i> Philippe
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Samedi , 29.03

09:30 - 10:45 <i>Yoga 75min</i> Laura
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Dimanche , 30.03