

Lundi , 25.11

09:10 - 10:05 <i>Pilates</i> Beatriz	12:15 - 13:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica	17:45 - 18:40 <i>Pump</i> Christian	18:50 - 19:45 <i>Bodycombat</i> Jeannine	20:00 - 20:55 <i>Bodybalance</i> Jacqueline
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Mardi , 26.11

09:10 - 10:05 <i>Pump</i> Natascha	12:15 - 13:10 <i>BodyART International</i> Mirjam	17:45 - 18:40 <i>Pump</i> Livia	19:00 - 19:55 <i>Pilates</i> Simone Lisa
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Mercredi , 27.11

06:30 - 07:25 <i>Cycling</i> Adriano	09:10 - 10:05 <i>Toning</i> Serena	12:15 - 13:10 <i>Interval Training</i> Mirjam	17:30 - 18:25 <i>Pump</i> Sonia	18:45 - 19:40 <i>Bodycombat</i> Sonia
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Jeudi , 28.11

12:15 - 13:10 <i>BodyART International</i> Mirjam	18:00 - 18:55 <i>Cycling</i> Marcel	19:15 - 20:10 <i>Pump</i> Andrea
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Vendredi , 29.11

09:10 - 10:05 <i>Toning</i> Jacqueline	10:20 - 11:15 <i>Pilates</i> Serena	12:15 - 13:10 <i>Bodycombat</i> Jacqueline	17:30 - 18:25 <i>Cycling</i> Adriano	18:40 - 19:35 <i>BodyART International</i> Mirjam
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Samedi , 30.11

09:30 - 10:25 <i>Pump</i> Livia	10:35 - 11:30 <i>Bodycombat</i> Jacqueline	11:45 - 12:40 <i>Bodybalance</i> Jacqueline
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Dimanche , 01.12

11:30 - 12:25 <i>Interval Training</i> Mirjam	12:30 - 13:00 <i>Bauch Express</i> Mirjam
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