

**Lundi , 08.01**

<b>09:15 - 10:10</b> <i>Pump</i> Tiziana	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Tiziana	<b>19:05 - 20:00</b> <i>Pilates</i> Tiziana
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**Mardi , 09.01**

<b>09:15 - 10:10</b> <i>Functional Workout</i> Carmen	<b>10:15 - 10:45</b> <i>Stretching</i> Carmen	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Yvonne	<b>19:05 - 20:00</b> <i>Full Body Workout</i> Nicole
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**Mercredi , 10.01**

<b>09:15 - 10:10</b> <i>Rückenfit</i> Olivia	<b>18:00 - 18:55</b> <i>Simply Core</i> Tiziana	<b>18:40 - 19:35</b> <i>Pump</i> Tiziana
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**Jeudi , 11.01**

<b>09:15 - 09:45</b> <i>Upcon</i> Carmen	<b>09:50 - 10:45</b> <i>Pilates</i> Carmen	<b>17:45 - 18:30</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Carmen	<b>19:05 - 20:00</b> <i>Zumba</i> Chantal
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**Vendredi , 12.01**

<b>09:30 - 10:25</b> <i>Functional Workout</i> Carmen	<b>12:20 - 12:50</b> <i>Simply Core</i> Yvonne
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**Samedi , 13.01**

**Dimanche , 14.01**

<b>10:00 - 10:55</b> <i>Pump</i> Tiziana
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