

Lundi , 11.09

09:10 - 10:05 <i>Pump</i> Ajla	18:00 - 18:55 <i>Pump</i> Kim	19:15 - 20:10 <i>Fitboxe</i> Nicole
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Mardi , 12.09

09:05 - 10:00 <i>Yoga</i> Isabelle	18:00 - 18:55 <i>Zumba</i> Diana	19:05 - 20:00 <i>Power Yoga</i> Kim
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Mercredi , 13.09

09:05 - 10:00 <i>Pump</i> Ajla	10:30 - 11:25 <i>Spiralkraft</i> Monika	18:15 - 19:10 <i>Pump</i> Ajla
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Jeudi , 14.09

09:05 - 10:00 <i>Pilates</i> Vasiliki	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Arliss	19:00 - 19:55 <i>Fitboxe</i> Sandy
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Vendredi , 15.09

09:05 - 10:00 <i>Zumba</i> Miriam
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Samedi , 16.09

Dimanche , 17.09

09:00 - 09:55 <i>Pump</i> Ajla	10:10 - 11:05 <i>Pilates</i> Ajla
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