

### Lundi , 18.11

<b>09:05 - 10:00</b> <i>Pump</i> Ajla	<b>10:10 - 10:55</b> <i>Yoga</i> Ajla	<b>18:00 - 18:55</b> <i>Pump</i> Katja	<b>19:15 - 20:10</b> <i>Fitboxe</i> Nicole
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### Mardi , 19.11

<b>09:05 - 10:00</b> <i>Rückengymnastik</i> Liz	<b>18:00 - 18:55</b> <i>Zumba</i> Diana	<b>19:05 - 20:00</b> <i>Power Yoga</i> Nina
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### Mercredi , 20.11

<b>09:05 - 10:00</b> <i>Pump</i> Ajla	<b>10:30 - 11:25</b> <i>Spiralkraft</i> Monika	<b>18:15 - 19:10</b> <i>Pump</i> Veronica
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### Jeudi , 21.11

<b>09:05 - 10:00</b> <i>Pilates</i> Vasiliki	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	<b>19:00 - 19:55</b> <i>Fitboxe</i> Sandy
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### Vendredi , 22.11

<b>09:05 - 10:00</b> <i>Zumba</i> Miriam
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### Samedi , 23.11

### Dimanche , 24.11

<b>09:00 - 09:55</b> <i>Pump</i> Adriana	<b>10:10 - 11:05</b> <i>Pilates</i> Valentina
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