

Lundi , 06.01

09:05 - 10:00 <i>Pump</i> Ajla	10:10 - 10:55 <i>Yoga</i> Ajla	18:00 - 18:55 <i>Pump</i> Katja	19:15 - 20:10 <i>Fitboxe</i> Nicole
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Mardi , 07.01

09:05 - 10:00 <i>Rückengymnastik</i> Liz	18:00 - 18:55 <i>Zumba</i> Diana	19:05 - 20:00 <i>Power Yoga</i> Nina
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Mercredi , 08.01

09:05 - 10:00 <i>Pump</i> Ajla	10:30 - 11:25 <i>Spiralkraft</i> Monika	18:15 - 19:10 <i>Pump</i> Sandra
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Jeudi , 09.01

09:05 - 10:00 <i>Pilates</i> Vasiliki	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika
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Vendredi , 10.01

09:05 - 10:00 <i>Zumba</i> Miriam
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Samedi , 11.01

Dimanche , 12.01

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