

Lundi , 11.12

09:15 - 10:10 <i>Pilates</i> Eva	18:00 - 18:55 <i>Yoga</i> Nadine	19:05 - 20:00 <i>Pump</i> Mariana
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Mardi , 12.12

09:30 - 10:25 <i>Zumba</i> Miriam	12:10 - 12:40 <i>P.I.I.T</i> Sandra	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	19:05 - 20:00 <i>Fitboxe</i> Sandra
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Mercredi , 13.12

12:15 - 12:45 <i>Upcon</i> Ajla	17:30 - 18:25 <i>Pilates</i> Vasiliki	18:35 - 19:30 <i>Pump</i> Vasiliki	19:40 - 20:35 <i>Zumba</i> Andrea
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Jeudi , 14.12

09:15 - 10:10 <i>Full Body Workout</i> Daniela	12:10 - 12:40 <i>P.I.I.T</i> Sandra	18:00 - 18:30 <i>Upcon</i> Daniela	18:40 - 19:35 <i>Yoga</i> Reto
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Vendredi , 15.12

Samedi , 16.12

Dimanche , 17.12

10:00 - 10:55 <i>Zumba</i> Ana
