

**Lundi , 16.12**

<b>09:15 - 10:10</b> <i>Rückenfit</i> Marco	<b>18:00 - 18:30</b> <i>P.I.I.T</i> Erendita	<b>18:30 - 19:25</b> <i>Pump</i> Yvonne	<b>19:30 - 20:00</b> <i>Stretching</i> Yvonne
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**Mardi , 17.12**

<b>18:00 - 18:55</b> <i>Functional Workout</i> Sarina	<b>19:00 - 19:55</b> <i>Power Yoga</i> Jasmin R.
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**Mercredi , 18.12**

<b>09:15 - 10:10</b> <i>Rückenfit</i> Marco	<b>18:00 - 18:55</b> <i>Yoga</i> Julia	<b>19:00 - 19:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Yvonne
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**Jeudi , 19.12**

<b>09:15 - 10:10</b> <i>Functional Workout</i> Erendita	<b>18:00 - 18:55</b> <i>Pump</i> Sarina	<b>19:05 - 20:00</b> <i>Pilates</i> Andrea
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**Vendredi , 20.12**

<b>09:15 - 10:10</b> <i>Pilates</i> Andrea	<b>18:00 - 18:55</b> <i>Aerobic</i> Francesco
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**Samedi , 21.12**

**Dimanche , 22.12**