

**Lundi , 18.12**

<b>09:15 - 10:10</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Andrea	<b>18:05 - 19:00</b> <i>Pilates</i> Astrid	<b>19:15 - 20:10</b> <i>Zumba</i> Petra	<b>20:25 - 21:20</b> <i>Pump</i> Ursi
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**Mardi , 19.12**

<b>09:10 - 10:05</b> <i>Pump</i> Ursi	<b>10:15 - 11:10</b> <i>Cycling</i> Tanya	<b>12:10 - 13:05</b> <i>Cycling</i> Walter	<b>18:00 - 18:30</b> <i>P.I.I.T</i> Claude	<b>20:05 - 21:00</b> <i>Fitboxe</i> Petra
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**Mercredi , 20.12**

<b>08:30 - 09:25</b> <i>Cycling</i> Brigitta	<b>09:35 - 10:30</b> <i>Rückenfit</i> Claudia	<b>17:50 - 18:45</b> <i>Powerstep</i> Petra	<b>19:00 - 19:55</b> <i>Pump</i> Kurt	<b>20:05 - 21:00</b> <i>Yoga</i> Nevin
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**Jeudi , 21.12**

<b>09:30 - 10:25</b> <i>Zumba</i> Marion	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Patricia	<b>19:00 - 19:55</b> <i>Fitboxe</i> Karin	<b>20:15 - 21:10</b> <i>Cycling</i> Sandra
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**Vendredi , 22.12**

<b>08:30 - 09:25</b> <i>Over 50</i> Silvana	<b>09:35 - 10:30</b> <i>Pilates</i> Silvana	<b>12:15 - 12:45</b> <i>P.I.I.T</i> Sara	<b>17:50 - 18:45</b> <i>Zumba</i> Petra	<b>19:00 - 19:55</b> <i>Cycling</i> Arlette
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**Samedi , 23.12**

<b>09:30 - 10:25</b> <i>Yoga</i> Nevin
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**Dimanche , 24.12**

<b>09:10 - 10:05</b> <i>Cycling</i> Tanya	<b>10:30 - 11:25</b> <i>Pump</i> Kurt
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