

Lundi , 07.11

09:00 - 09:55 Yoga Elissa	10:10 - 11:05 Pump Graziella	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Ariane
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Mardi , 08.11

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Rückenfit Isabel	18:00 - 18:55 TRX Jady	19:00 - 19:55 BBP (Bauch, Beine, Po) / Bodytone Jady
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Mercredi , 09.11

09:00 - 09:55 Zumba Deniz	18:00 - 18:55 Pump Cristian
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Jeudi , 10.11

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Yoga Isabel	18:30 - 19:25 Power Yoga Elissa
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Vendredi , 11.11

09:00 - 09:55 TRX Graziella	10:10 - 11:05 Rückenfit Isabel
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Samedi , 12.11

10:00 - 10:55 Zumba Silvio	11:10 - 12:05 BBP (Bauch, Beine, Po) / Bodytone Ariane
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Dimanche , 13.11

10:00 - 10:55 Cycling Manuel
