

Lundi , 16.01

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 , 17.01

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Rückenfit Isabel	18:00 - 18:55 TRX Graziella	19:00 - 19:55 Step'n Tone Graziella
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Mercredi , 18.01

09:00 - 09:55 Zumba Deniz	10:10 - 11:05 Cycling Carlo	18:00 - 18:55 Pump Cristian
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Jeudi , 19.01

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 , 20.01

08:55 - 09:25 P.I.I.T Melanie	09:30 - 10:00 Simply Core Melanie	10:10 - 11:05 Rückenfit Isabel
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Samedi , 21.01

10:00 - 10:55 Zumba Silvio	11:10 - 12:05 BBP (Bauch, Beine, Po) / Bodytone Ariane
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Dimanche , 22.01

10:00 - 10:55 Cycling Barbara
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