

Lundi , 06.01

09:00 - 09:55 Yoga Laura	10:05 - 11:00 Upcon Melanie	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	19:10 - 20:05 TRX Graziella
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Mardi , 07.01

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Rückenfit Isabel	19:20 - 20:15 BBP (Bauch, Beine, Po) / Bodytone Tea	19:20 - 20:15 Pump Graziella
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Mercredi , 08.01

09:00 - 09:55 Zumba Sibylle	10:10 - 11:05 Cycling Carlo	18:00 - 18:55 Step'n Tone Graziella	19:05 - 20:00 Cycling Barbara
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Jeudi , 09.01

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Yoga Isabel	18:00 - 18:55 Power Yoga Elissa
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Vendredi , 10.01

08:50 - 09:20 P.I.I.T Melanie	09:30 - 10:00 Simply Core Melanie	10:10 - 11:05 Rückenfit Isabel
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Samedi , 11.01

10:00 - 10:55 Zumba Aaron Noah	11:10 - 12:05 BBP (Bauch, Beine, Po) / Bodytone Ariane
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Dimanche , 12.01

09:30 - 10:25 Cycling Saskia	10:35 - 11:25 BBP (Bauch, Beine, Po) / Bodytone Saskia
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