

Lundi , 15.01

12:15 - 12:45 <i>P.I.I.T</i> Melanie	18:10 - 19:05 <i>Pump</i> Saskia	19:15 - 20:10 <i>Functional Workout</i> Saskia
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Mardi , 16.01

09:00 - 09:55 <i>Yoga</i> Laura	10:10 - 11:05 <i>Zumba</i> Felicia	12:10 - 13:05 <i>Pump</i> Saskia	18:00 - 18:55 <i>Pilates</i> Geneviève	19:05 - 20:00 <i>Functional Workout</i> Bianca
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Mercredi , 17.01

08:45 - 09:40 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Melanie	09:50 - 10:45 <i>Rückenfit</i> Sonja	18:00 - 18:55 <i>Powerstep</i> Fabienne	19:05 - 20:00 <i>Power Yoga</i> Fabienne
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Jeudi , 18.01

09:30 - 10:25 <i>Pilates</i> Geneviève	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Natalie	19:05 - 20:00 <i>Pump</i> Cristian	20:10 - 21:05 <i>Zumba</i> Felicia
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Vendredi , 19.01

08:30 - 09:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Saskia
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Samedi , 20.01

09:30 - 10:25 <i>Step'n Tone</i> Priska
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Dimanche , 21.01

10:00 - 10:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Lara
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