

Lundi , 06.01

09:10 - 10:05 <i>Pilates</i> Isabelle	10:10 - 11:05 <i>Fitboxe</i> Isabel	17:15 - 17:45 <i>P.I.I.T</i> Daniela	17:55 - 18:50 <i>Step'n Tone</i> Daniela	19:00 - 19:55 <i>Zumba</i> Deniz	20:05 - 21:00 <i>Yoga</i> Sabrina
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Mardi , 07.01

09:10 - 10:05 <i>Rückenfit</i> Isabelle	18:05 - 18:35 <i>P.I.I.T</i> Daniela	18:35 - 19:30 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Daniela
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Mercredi , 08.01

09:10 - 10:05 <i>Yoga</i> Fabienne	18:15 - 18:45 <i>Simply Core</i> Bianca	19:00 - 19:55 <i>Fitboxe</i> Isabel
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Jeudi , 09.01

09:10 - 10:05 <i>Pump</i> Isabel	18:00 - 18:55 <i>Pump</i> Bianca	19:00 - 19:55 <i>Fighttime 55'</i> Bianca
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Vendredi , 10.01

09:10 - 10:05 <i>Functional Workout</i> Sabrina	18:00 - 18:55 <i>Step'n Tone</i> Graziella
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Samedi , 11.01

09:10 - 10:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Daniela	10:15 - 11:10 <i>Upcon</i> Daniela
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Dimanche , 12.01

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