

Lundi , 30.09

08:00 - 08:55 Yoga Andrea	09:05 - 09:30 P.I.I.T Laura	09:35 - 10:30 Pump Laura	18:00 - 18:55 Pump Manuela	19:00 - 19:55 BBP (Bauch, Beine, Po) / Bodytone Annina	20:00 - 20:55 Yoga Nadine
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Mardi , 01.10

09:30 - 10:25 Zumba Sabina	18:00 - 18:55 Pump Manuela	19:00 - 19:55 Zumba Sabina	20:15 - 21:10 Yoga Beatrice
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Mercredi , 02.10

08:45 - 09:10 Simply Core Fabienne	09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Fabienne	12:15 - 13:10 Pump Manuela	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Laura	19:00 - 19:55 Pilates Laura	20:05 - 21:00 Zumba Sabina
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Jeudi , 03.10

09:30 - 10:25 Yoga Alexandra	18:00 - 18:30 P.I.I.T Laura	18:30 - 18:55 Simply Core Laura	19:10 - 20:05 Pump Laura
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Vendredi , 04.10

09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Laura	10:15 - 10:45 Simply Core Laura	12:15 - 13:10 Pump Manuela
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Samedi , 05.10

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Annina

Dimanche , 06.10

09:00 - 09:55 Pump Laura	10:00 - 10:30 Simply Core Laura
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