

**Lundi , 30.09**

<b>09:00 - 09:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alexandra	<b>10:00 - 10:55</b> <i>Yoga</i> Alexandra	<b>12:15 - 12:45</b> <i>P.I.I.T</i> Linda	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Linda	<b>19:00 - 19:55</b> <i>Zumba</i> Andrea	<b>20:00 - 20:55</b> <i>Power Yoga</i> Beatrice
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**Mardi , 01.10**

<b>09:00 - 09:55</b> <i>Zumba Gold</i> Petra	<b>10:00 - 10:55</b> <i>Power Yoga</i> Liliya	<b>17:25 - 17:55</b> <i>P.I.I.T</i> Angela	<b>18:00 - 18:55</b> <i>Kick Power</i> Nicole	<b>19:00 - 19:55</b> <i>Pump</i> Tatjana
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**Mercredi , 02.10**

<b>09:25 - 10:10</b> <i>Senioren Cycling</i> Alexandra	<b>10:15 - 11:10</b> <i>Rückengymnastik</i> Alexandra	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Katja
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**Jeudi , 03.10**

<b>06:15 - 07:10</b> <i>Pilates</i> Sandra	<b>09:30 - 10:25</b> <i>Pilates</i> Sara	<b>18:00 - 18:55</b> <i>Pump</i> Nicole	<b>19:05 - 20:00</b> <i>Fitboxe</i> Andrej
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**Vendredi , 04.10**

<b>09:00 - 09:55</b> <i>Rückengymnastik</i> Nicola	<b>10:00 - 10:55</b> <i>Yoga</i> Monika	<b>12:15 - 13:10</b> <i>Pump</i> Sandra	<b>19:00 - 19:55</b> <i>Pilates</i> Valentina
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**Samedi , 05.10**

<b>09:30 - 10:25</b> <i>Yoga</i> Nadine
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**Dimanche , 06.10**

<b>08:55 - 09:25</b> <i>P.I.I.T</i> Nicole	<b>09:30 - 10:25</b> <i>Pump</i> Nicole
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