

Lundi , 21.10

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alexandra	10:00 - 10:55 <i>Yoga</i> Alexandra	12:15 - 12:45 <i>P.I.I.T</i> Linda	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Linda	19:00 - 19:55 <i>Zumba</i> Andrea	20:00 - 20:55 <i>Power Yoga</i> Beatrice
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Mardi , 22.10

09:00 - 09:55 <i>Zumba Gold</i> Petra	10:00 - 10:55 <i>Power Yoga</i> Michaela	17:25 - 17:55 <i>P.I.I.T</i> Nicole	18:00 - 18:55 <i>Kick Power</i> Nicole	19:00 - 19:55 <i>Pump</i> Sandra
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Mercredi , 23.10

09:25 - 10:10 <i>Senioren Cycling</i> Alexandra	10:15 - 11:10 <i>Rückengymnastik</i> Alexandra	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Nena Nevenka	19:15 - 20:10 <i>Cycling</i> Yves
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Jeudi , 24.10

06:15 - 07:10 <i>Pilates</i> Sandra	09:30 - 10:25 <i>Pilates</i> Sara	18:00 - 18:55 <i>Pump</i> Nicole	19:05 - 20:00 <i>Fitboxe</i> Nicole
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Vendredi , 25.10

09:00 - 09:55 <i>Rückengymnastik</i> Nicola	10:00 - 10:55 <i>Yoga</i> Asal	12:15 - 13:10 <i>Pump</i> Sandra	17:45 - 18:40 <i>Cycling</i> Gilles	19:00 - 19:55 <i>Pilates</i> Eva
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Samedi , 26.10

09:30 - 10:25 <i>Yoga</i> Michaela

Dimanche , 27.10

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