

**Lundi , 04.11**

<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> Claudia	<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 , 05.11**

<b>09:00 - 09:55</b> <i>Zumba Gold</i> Petra	<b>10:00 - 10:55</b> <i>Power Yoga</i> Michaela	<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> Sandra
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**Mercredi , 06.11**

<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	<b>19:15 - 20:10</b> <i>Cycling</i> Gilles
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**Jeudi , 07.11**

<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 , 08.11**

<b>09:00 - 09:55</b> <i>Rückengymnastik</i> Nicola	<b>10:00 - 10:55</b> <i>Yoga</i> Asal	<b>12:15 - 13:10</b> <i>Pump</i> Sandra	<b>17:45 - 18:40</b> <i>Cycling</i> Julia	<b>19:00 - 19:55</b> <i>Pilates</i> Eva
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**Samedi , 09.11**

<b>09:30 - 10:25</b> <i>Yoga</i> Nina
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**Dimanche , 10.11**

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