

Lundi , 30.09

08:30 - 09:25 <i>Pump</i> Cecilia	12:10 - 13:05 <i>Pilates</i> Brigitta	13:30 - 14:25 <i>Rückenfit</i> Angelina	18:00 - 18:55 <i>Circuit Training</i> Angelina	20:00 - 20:55 <i>Yoga</i> Anya
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Mardi , 01.10

09:00 - 09:55 <i>Pilates</i> Brigitta	17:50 - 18:45 <i>Rückenfit</i> Angelina	19:00 - 19:55 <i>Zumba</i> Mariella	20:10 - 21:05 <i>Pump</i> Mariella
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Mercredi , 02.10

08:30 - 09:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Karin	09:30 - 10:25 <i>Yoga</i> Anya	18:00 - 18:55 <i>Pilates</i> Angelina
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Jeudi , 03.10

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Renata	10:00 - 10:55 <i>Pilates</i> Marlene	18:00 - 18:30 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Mariella	18:45 - 19:15 <i>P.I.I.T</i> Mariella
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Vendredi , 04.10

10:00 - 10:55 <i>Rückenfit</i> Marlene	17:30 - 18:25 <i>Pump</i> Karin
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Samedi , 05.10

09:30 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Lena	10:15 - 11:45 <i>Yoga</i> Franziska
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Dimanche , 06.10

09:15 - 10:10 <i>Yoga</i> Dana	10:30 - 11:00 <i>P.I.I.T</i> Michael	11:15 - 12:10 <i>Zumba</i> Uriel
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