

Lundi , 06.01

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 10:00 <i>Functional Workout</i> Manu	10:00 - 10:30 <i>Simply Core</i> Manu	12:00 - 12:55 <i>Pump</i> Manu	18:00 - 18:55 <i>Cycling</i> Patrick	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
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Mardi , 07.01

09:00 - 09:55 <i>Yoga</i> Jeannette	19:00 - 19:55 <i>P.I.I.T</i> Carmen
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Mercredi , 08.01

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 10:00 <i>Fitboxe</i> Manu	10:05 - 11:00 <i>Pilates</i> Manu	18:00 - 18:55 <i>Cycling</i> Ruedi	19:00 - 19:55 <i>Pump</i> Erika
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Jeudi , 09.01

08:00 - 08:55 <i>Rückengymnastik</i> Manu	18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Power Yoga</i> Monica
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Vendredi , 10.01

09:05 - 10:00 <i>Pump</i> Manu	09:05 - 10:00 <i>Pump</i> Manu	17:30 - 18:25 <i>Pump</i> Melanie
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Samedi , 11.01

09:00 - 09:55 <i>Pump</i> Erika

Dimanche , 12.01