

**Lundi , 08.01**

<b>08:00 - 08:55</b> <i>Spiralkraft</i> Monika	<b>09:10 - 10:05</b> <i>Dance Step</i> Christina	<b>09:15 - 09:45</b> <i>Senioren Cycling</i> Daniela	<b>18:00 - 18:55</b> <i>Cycling</i> Ralph	<b>18:00 - 18:55</b> <i>Pump</i> Sandra	<b>19:00 - 19:55</b> <i>Cycling</i> Ralph	<b>19:00 - 19:55</b> <i>Kick Power</i> Irene	<b>20:10 - 21:05</b> <i>Pilates</i> Monika
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**Mardi , 09.01**

<b>09:10 - 09:40</b> <i>P.I.I.T</i> Irene	<b>09:40 - 10:10</b> <i>BBP Special</i> Irene	<b>10:35 - 11:30</b> <i>Rückengym Physio</i> Miriam	<b>18:00 - 18:55</b> <i>Spiralkraft</i> Monika	<b>19:00 - 19:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	<b>20:00 - 20:55</b> <i>Zumba</i> Angela
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**Mercredi , 10.01**

<b>09:10 - 10:05</b> <i>Zumba</i> Miriam	<b>10:10 - 11:05</b> <i>Pilates</i> Vasiliki	<b>18:00 - 18:55</b> <i>Cycling</i> Martin	<b>18:00 - 18:55</b> <i>Fitboxe</i> Irene	<b>19:00 - 19:55</b> <i>Pump</i> Irene	<b>20:10 - 21:05</b> <i>Yoga</i> Sandra
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**Jeudi , 11.01**

<b>09:10 - 10:05</b> <i>Pump</i> Claudia	<b>10:20 - 11:15</b> <i>Spiralkraft</i> Monika	<b>18:00 - 18:55</b> <i>Rückengym Physio</i> Miriam	<b>19:00 - 19:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Claudia	<b>20:10 - 21:05</b> <i>Pilates</i> Monika
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**Vendredi , 12.01**

<b>09:10 - 09:40</b> <i>BBP Special</i> Katja	<b>09:50 - 10:45</b> <i>Yoga</i> Katja	<b>19:15 - 20:10</b> <i>Yoga</i> Nina
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**Samedi , 13.01**

<b>10:00 - 10:55</b> <i>Pilates Special</i> Vasiliki	<b>11:00 - 11:30</b> <i>Stretching</i> Vasiliki
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**Dimanche , 14.01**

<b>09:00 - 09:55</b> <i>Cycling</i> Patrick	<b>10:00 - 10:55</b> <i>Zumba</i> Andrea
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