

Lundi , 07.11

08:30 - 09:25 Yoga Lisa	09:45 - 10:40 Pilates Monika	18:20 - 19:15 Pump Marlis	19:30 - 20:25 Yoga Seraina
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Mardi , 08.11

09:10 - 10:05 MC (Mental Centering) Matthias	18:10 - 18:40 P.I.I.T Janina	18:50 - 19:45 BBP (Bauch, Beine, Po) / Bodytone Renata
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Mercredi , 09.11

08:00 - 08:55 Pilates Monika	09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Monika	18:50 - 19:45 Dance Aerobic / Dance Mix Patrick Juvet	20:00 - 20:55 Yoga Michaela
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Jeudi , 10.11

08:30 - 09:25 Rückengymnastik Liz	09:35 - 10:30 BBP (Bauch, Beine, Po) / Bodytone Liz	19:10 - 20:05 Fighttime 55' Maria
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Vendredi , 11.11

09:00 - 09:55 Pump Vicky	10:05 - 11:00 Yoga Michaela
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Samedi , 12.11

Dimanche , 13.11