

Lundi , 16.01

08:30 - 09:25 <i>Yoga</i> Lisa	09:45 - 10:40 <i>Pilates</i> Monika	18:20 - 19:15 <i>Pump</i> Marlis	19:30 - 20:25 <i>Yoga</i> Seraina
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Mardi , 17.01

09:10 - 10:05 <i>MC (Mental Centering)</i> Matthias	18:10 - 18:40 <i>P.I.I.T</i> Janina	18:50 - 19:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Renata
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Mercredi , 18.01

08:00 - 08:55 <i>Pilates</i> Monika	09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	18:50 - 19:45 <i>Dance Aerobic / Dance Mix</i> Monika	20:00 - 20:55 <i>Yoga</i> Silvana
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Jeudi , 19.01

08:30 - 09:25 <i>Rückengymnastik</i> Liz	09:35 - 10:30 <i>Pump</i> Adriana	19:10 - 20:05 <i>Fighttime 55'</i> Maria
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Vendredi , 20.01

09:00 - 09:55 <i>Pump</i> Vicky	10:05 - 11:00 <i>Yoga</i> Michaela
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Samedi , 21.01

Dimanche , 22.01