

Lundi , 09.10

<b>08:30 - 09:25</b> Yoga Lisa	<b>09:45 - 10:40</b> Pilates Monika	<b>18:20 - 19:15</b> Pump Marlis	<b>19:30 - 20:25</b> Yoga Seraina
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Mardi , 10.10

<b>09:10 - 10:05</b> MC (Mental Centering) Matthias	<b>18:10 - 18:40</b> P.I.I.T Ajla	<b>18:50 - 19:45</b> BBP (Bauch, Beine, Po) / Bodytone Renata
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Mercredi , 11.10

<b>08:00 - 08:55</b> Pilates Monika	<b>09:00 - 09:55</b> BBP (Bauch, Beine, Po) / Bodytone Monika	<b>18:50 - 19:45</b> Dance Aerobic / Dance Mix Sina	<b>20:00 - 20:55</b> Yoga Silvana
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Jeudi , 12.10

<b>08:30 - 09:25</b> Rückengymnastik Liz	<b>09:35 - 10:30</b> Pump Ajla
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Vendredi , 13.10

<b>09:00 - 09:55</b> Pump Ajla	<b>10:05 - 11:00</b> Yoga Franziska
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Samedi , 14.10

Dimanche , 15.10