

Lundi , 08.07

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>Pilates</i> Adriana
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Mardi , 09.07

09:10 - 10:05 <i>MC (Mental Centering)</i> Matthias	18:05 - 18:35 <i>P.I.I.T</i> Janina	18:40 - 19:35 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Arlette
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Mercredi , 10.07

08:00 - 08:55 <i>Pilates</i> Monika	09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	20:00 - 20:55 <i>Yoga</i> Silvana
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Jeudi , 11.07

08:30 - 09:25 <i>Rückengymnastik</i> Liz	09:35 - 10:30 <i>Pump</i> Adriana	19:00 - 19:55 <i>Bodybalance</i> Daniela
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Vendredi , 12.07

09:00 - 09:55 <i>Pump</i> Katja	10:05 - 11:00 <i>Yoga</i> Michaela
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Samedi , 13.07

Dimanche , 14.07