

Montag , 24.04

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Pilates Cynthia	10:30 - 11:25 Herzgruppe Andrea	10:30 - 11:15 Physio Fit Cynthia	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Petra	18:00 - 18:55 Functional Workout Lorna	18:00 - 18:55 Yoga Regine	19:00 - 19:45 Herzgruppe Fabienne
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Dienstag , 25.04

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 Cycling Roberto	14:00 - 14:55 Herzgruppe Andrea	17:30 - 18:25 Functional Workout Lorna	18:00 - 18:55 Cycling Petra	19:15 - 20:00 Pilates Team
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Mittwoch , 26.04

09:00 - 09:55 Herzgruppe Andrea	09:10 - 10:05 Yoga Susan	10:30 - 11:15 Physio Fit Cynthia	12:15 - 13:00 Pump Jacqueline	18:00 - 18:55 Full Body Workout Raphael
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Donnerstag , 27.04

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 TRX Lorna	14:00 - 14:55 Herzgruppe Andrea
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Freitag , 28.04

09:15 - 10:10 Yoga Xi	10:00 - 10:45 Gym Senior Petra	12:15 - 13:00 Pump Nicolle	18:00 - 18:55 Functional Workout Raphael
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Samstag , 29.04

09:30 - 10:25 Zumba Idalmis	10:00 - 10:55 Full Body Workout Fabienne	10:45 - 11:40 Yoga Ines
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Sonntag , 30.04

09:30 - 10:25 Cycling Peter	10:45 - 11:40 Pump Bärbel
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