

Montag , 08.05

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Pilates Cynthia	10:30 - 11:25 Herzgruppe Andrea	10:30 - 11:15 Physio Fit Marie	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Petra	18:00 - 18:55 Yoga Regine	18:00 - 18:55 Functional Workout Team	19:00 - 19:45 Herzgruppe Andrea
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Dienstag , 09.05

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 Cycling Petra	14:00 - 14:55 Herzgruppe Andrea	17:30 - 18:25 TRX Jerom	18:00 - 18:55 Cycling Petra	19:15 - 20:00 Pilates Ines
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Mittwoch , 10.05

09:00 - 09:55 Herzgruppe Andrea	09:10 - 10:05 Yoga Susan	10:30 - 11:15 Physio Fit Marie	12:15 - 13:00 Pump Jacqueline	18:00 - 18:55 Functional Workout Raphael
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Donnerstag , 11.05

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 TRX David	14:00 - 14:55 Herzgruppe Andrea
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Freitag , 12.05

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 , 13.05

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 , 14.05

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