

Montag , 07.08

09:15 - 10:10 <i>Pilates</i> Cynthia	10:30 - 11:15 <i>Physio Fit</i> Marie	12:15 - 13:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Petra	18:00 - 18:55 <i>Yoga</i> Regine	18:00 - 18:55 <i>Functional Workout</i> Fabienne	19:00 - 19:55 <i>Herzgruppe</i> Andrea
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Dienstag , 08.08

12:15 - 13:00 <i>Cycling</i> Petra	14:00 - 14:55 <i>Herzgruppe</i> Andrea	18:00 - 18:55 <i>TRX</i> Jerom	18:00 - 18:55 <i>Cycling</i> Laura	19:15 - 20:10 <i>Pilates</i> Mariya
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Mittwoch , 09.08

09:10 - 10:05 <i>Yoga</i> Susan	10:30 - 11:15 <i>Physio Fit</i> Marie	12:15 - 13:00 <i>Pump</i> Bärbel	18:00 - 18:55 <i>Functional Workout</i> Jerom
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Donnerstag , 10.08

12:15 - 13:00 <i>TRX</i> David

Freitag , 11.08

10:00 - 10:45 <i>Fit Gym</i> Petra	12:15 - 13:00 <i>Pump</i> Nicolle	18:00 - 18:55 <i>Functional Workout</i> Jerom
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Samstag , 12.08

09:30 - 10:25 <i>Zumba</i> Idalmis	10:00 - 10:55 <i>Full Body Workout</i> Jacqueline	10:45 - 11:40 <i>Yoga</i> Olga
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Sonntag , 13.08

09:30 - 10:25 <i>Cycling</i> Petra	10:45 - 11:40 <i>Pump</i> Jacqueline
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