

Montag , 30.10

09:00 - 09:55 <i>Herzgruppe</i> Andrea	09:15 - 10:10 <i>Pilates</i> Cynthia	10:30 - 11:25 <i>Herzgruppe</i> Andrea	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>Functional Workout</i> Fabienne	18:00 - 18:55 <i>Yoga</i> Regine	19:00 - 19:45 <i>Herzgruppe</i> Fabienne
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Dienstag , 31.10

08:00 - 08:55 <i>Herzgruppe</i> Andrea	09:00 - 09:55 <i>Herzgruppe</i> Andrea	10:30 - 11:25 <i>Herzgruppe</i> Andrea	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 - 20:00 <i>Pilates</i> Cynthia
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Mittwoch , 01.11

09:00 - 09:55 <i>Herzgruppe</i> Andrea	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> Raphael
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Donnerstag , 02.11

08:00 - 08:55 <i>Herzgruppe</i> Andrea	09:00 - 09:55 <i>Herzgruppe</i> Andrea	10:30 - 11:25 <i>Herzgruppe</i> Andrea	12:15 - 13:00 <i>TRX</i> David	14:00 - 14:55 <i>Herzgruppe</i> Andrea
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Freitag , 03.11

10:00 - 10:45 <i>Fit Gym</i> Petra	18:00 - 18:55 <i>Functional Workout</i> Raphael
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Samstag , 04.11

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> Neira
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Sonntag , 05.11

09:30 - 10:25 <i>Cycling</i> Manuel	10:45 - 11:40 <i>Pump</i> Nicolle
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