

**Montag , 27.11**

<b>09:15 - 10:10</b> <i>Pilates</i> Sonja	<b>10:30 - 11:15</b> <i>Physio Fit</i> Team	<b>12:15 - 13:00</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Petra	<b>18:00 - 18:55</b> <i>Functional Workout</i> Fabienne	<b>18:00 - 18:55</b> <i>Yoga</i> Sunethra	<b>19:00 - 19:55</b> <i>Herzgruppe</i> Fabienne
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**Dienstag , 28.11**

<b>12:15 - 13:00</b> <i>Cycling</i> Petra	<b>18:00 - 18:55</b> <i>Cycling</i> Laura	<b>18:00 - 18:55</b> <i>TRX</i> Jerom	<b>19:15 - 20:10</b> <i>Pilates</i> Ines
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**Mittwoch , 29.11**

<b>09:10 - 10:05</b> <i>Yoga</i> Susan	<b>12:15 - 13:00</b> <i>Pump</i> Bärbel	<b>18:00 - 18:55</b> <i>Functional Workout</i> Raphael
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**Donnerstag , 30.11**

<b>12:15 - 13:00</b> <i>TRX</i> Raphael
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**Freitag , 01.12**

<b>10:00 - 10:45</b> <i>Fit Gym</i> Petra	<b>12:15 - 13:00</b> <i>Pump</i> Nicolle	<b>18:00 - 18:55</b> <i>Functional Workout</i> Raphael
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**Samstag , 02.12**

<b>09:30 - 10:25</b> <i>Zumba</i> Idalmis	<b>10:00 - 10:55</b> <i>Functional Workout</i> Jacqueline	<b>10:45 - 11:40</b> <i>Yoga</i> Ines
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**Sonntag , 03.12**