

Montag , 18.12

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Pilates Cynthia	10:30 - 11:15 Physio Fit Team	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Petra	18:00 - 18:55 Functional Workout Pablo	18:00 - 18:55 Yoga Regine	19:00 - 19:45 Herzgruppe Fabienn
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Dienstag , 19.12

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	18:00 - 18:55 Cycling Petra	18:00 - 18:55 TRX Jerom	19:15 - 20:00 Pilates Ines
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Mittwoch , 20.12

09:00 - 09:55 Herzgruppe Andrea	09:10 - 10:05 Yoga Laura	12:15 - 13:00 Pump Bärbel	18:00 - 18:55 Functional Workout Raphael
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Donnerstag , 21.12

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 , 22.12

10:00 - 10:45 Fit Gym Petra	12:15 - 13:00 Pump Nicolle	18:00 - 18:55 Functional Workout Raphael
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Samstag , 23.12

09:30 - 10:25 Zumba Idalmis	10:00 - 10:55 Functional Workout Jacqueline	10:45 - 11:40 Yoga Pia
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Sonntag , 24.12