

Montag , 01.01

Dienstag , 02.01

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> Roberto	14:00 - 14:55 <i>Herzgruppe</i> Andrea	18:00 - 18:55 <i>Cycling</i> Petra	19:00 - 19:55 <i>TRX</i> Jerom
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Mittwoch , 03.01

09:10 - 10:05 <i>Yoga</i> Laura	12:15 - 13:00 <i>Pump</i> Bärbel	18:00 - 18:55 <i>Functional Workout</i> Raphael
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Donnerstag , 04.01

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 , 05.01

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> Raphael
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Samstag , 06.01

09:30 - 10:25 <i>Zumba</i> Idalmis	10:00 - 10:55 <i>Functional Workout</i> Lorna	10:45 - 11:40 <i>Yoga</i> Sonja
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Sonntag , 07.01

09:30 - 10:25 <i>Cycling</i> Kathrin	10:45 - 11:40 <i>Pump</i> Bärbel
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