

Montag , 29.04

09:00 - 09:55 <i>Herzgruppe</i> Andrea	09:15 - 10:10 <i>Pilates</i> Cynthia	10:30 - 11:25 <i>Physio Fit</i> Team	10:30 - 11:25 <i>Herzgruppe</i> Andrea	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> Fabienne
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Dienstag , 30.04

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	18:00 - 18:55 <i>Cycling</i> Laura	19:00 - 19:55 <i>TRX</i> Jerom
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Mittwoch , 01.05

Donnerstag , 02.05

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

Freitag , 03.05

10:00 - 10:45 <i>Fit Gym</i> Petra	12:15 - 13:00 <i>Pump</i> Franziska	18:00 - 18:55 <i>Functional Workout</i> Raphael
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Samstag , 04.05

09:30 - 10:25 <i>Zumba</i> Idalmis	10:00 - 10:55 <i>Functional Workout</i> Jacqueline	10:45 - 11:40 <i>Yoga</i> Pia
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Sonntag , 05.05

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