

**Montag , 23.09**

<b>09:00 - 09:55</b> <i>Herzgruppe</i> Andrea	<b>09:15 - 10:10</b> <i>Pilates</i> Cynthia	<b>10:30 - 11:25</b> <i>Herzgruppe</i> Andrea	<b>10:30 - 11:25</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>Yoga</i> Regine	<b>18:00 - 18:55</b> <i>Functional Workout</i> Tamina
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**Dienstag , 24.09**

<b>08:00 - 08:55</b> <i>Herzgruppe</i> Andrea	<b>09:00 - 09:55</b> <i>Herzgruppe</i> Andrea	<b>10:30 - 11:25</b> <i>Herzgruppe</i> Andrea	<b>12:15 - 13:00</b> <i>Cycling</i> Roberto	<b>14:00 - 14:55</b> <i>Herzgruppe</i> Andrea	<b>18:00 - 18:55</b> <i>Cycling</i> Petra	<b>19:15 - 20:10</b> <i>Pilates</i> Ines
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**Mittwoch , 25.09**

<b>09:10 - 10:05</b> <i>Yoga</i> Laura	<b>12:15 - 13:00</b> <i>Pump</i> Bärbel	<b>18:00 - 18:55</b> <i>Functional Workout</i> Raphael	<b>19:00 - 19:55</b> <i>Functional Workout</i> Raphael
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**Donnerstag , 26.09**

<b>08:00 - 08:55</b> <i>Herzgruppe</i> Andrea	<b>09:00 - 09:55</b> <i>Herzgruppe</i> Andrea	<b>10:30 - 11:25</b> <i>Herzgruppe</i> Andrea	<b>12:15 - 13:00</b> <i>TRX</i> Emanuele	<b>14:00 - 14:55</b> <i>Herzgruppe</i> Andrea
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**Freitag , 27.09**

<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 , 28.09**

<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> Bettina
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**Sonntag , 29.09**

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