

Montag , 14.10

09:00 - 09:55 <i>Herzgruppe</i> Andrea	09:15 - 10:10 <i>Pilates</i> Petra	10:30 - 11:25 <i>Herzgruppe</i> Andrea	10:30 - 11:25 <i>Physio Fit</i> Team	12:15 - 13:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Petra	18:00 - 18:55 <i>Functional Workout</i> Tamina	19:00 - 19:55 <i>Herzgruppe</i> Fabienne
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Dienstag , 15.10

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	14:00 - 14:55 <i>Herzgruppe</i> Andrea	18:00 - 18:55 <i>Cycling</i> Laura	19:15 - 20:10 <i>Pilates</i> Isabelle
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Mittwoch , 16.10

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	19:00 - 19:55 <i>Functional Workout</i> Raphael
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Donnerstag , 17.10

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> Emanuele	14:00 - 14:55 <i>Herzgruppe</i> Andrea
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Freitag , 18.10

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 , 19.10

09:30 - 10:25 <i>Zumba</i> Idalmis	10:00 - 10:55 <i>Functional Workout</i> Fabienne
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Sonntag , 20.10

09:30 - 10:25 <i>Cycling</i> Manuel
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