

**Montag , 02.12**

<b>09:00 - 09:55</b> Herzgruppe Andrea	<b>09:15 - 10:10</b> Pilates Cynthia	<b>10:30 - 11:25</b> Herzgruppe Andrea	<b>10:30 - 11:25</b> Physio Fit Team	<b>12:15 - 13:00</b> BBP (Bauch, Beine, Po) / Bodytone Petra	<b>18:00 - 18:55</b> Yoga Regine	<b>18:00 - 18:55</b> Functional Workout Tamina	<b>19:00 - 19:55</b> Herzgruppe Fabienn
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**Dienstag , 03.12**

<b>08:00 - 08:55</b> Herzgruppe Andrea	<b>09:00 - 09:55</b> Herzgruppe Andrea	<b>10:30 - 11:25</b> Herzgruppe Andrea	<b>12:15 - 13:00</b> Cycling Petra	<b>14:00 - 14:55</b> Herzgruppe Andrea	<b>18:00 - 18:55</b> Cycling Petra	<b>19:15 - 20:10</b> Pilates Isabelle
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**Mittwoch , 04.12**

<b>09:10 - 10:05</b> Yoga Laura	<b>12:15 - 13:00</b> Pump Bärbel	<b>18:00 - 18:55</b> Functional Workout Raphael	<b>19:00 - 19:55</b> Functional Workout Raphael
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**Donnerstag , 05.12**

<b>08:00 - 08:55</b> Herzgruppe Andrea	<b>09:00 - 09:55</b> Herzgruppe Andrea	<b>10:30 - 11:25</b> Herzgruppe Andrea	<b>12:15 - 13:00</b> TRX Emanuele	<b>14:00 - 14:55</b> Herzgruppe Andrea
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**Freitag , 06.12**

<b>10:00 - 10:55</b> Fit Gym Petra	<b>12:15 - 13:00</b> Pump Nicolle	<b>18:00 - 18:55</b> Functional Workout Raphael
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**Samstag , 07.12**

<b>09:30 - 10:25</b> Zumba Idalmis	<b>10:00 - 10:55</b> Functional Workout Jacqueline	<b>10:45 - 11:40</b> Yoga Vera
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**Sonntag , 08.12**

<b>09:30 - 10:25</b> Cycling Peter	<b>10:45 - 11:40</b> Pump Bärbel
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