

Montag , 17.03

09:00 - 09:55 Herzgruppe Andrea	09:15 - 10:10 Fit Gym Cynthia	10:30 - 11:25 Physio Fit Team	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 BBP (Bauch, Beine, Po) / Bodytone Emanuele	18:00 - 18:55 Functional Workout Emanuele	18:00 - 18:55 Yoga Regine	19:00 - 19:55 Herzgruppe Fabienn
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Dienstag , 18.03

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 Cycling Kathrin	14:00 - 14:55 Herzgruppe Andrea	18:00 - 18:55 Cycling Kathrin	19:15 - 20:10 Pilates Ines
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Mittwoch , 19.03

09:10 - 10:05 Yoga Laura	12:15 - 13:00 Pump Bärbel	18:00 - 18:55 Functional Workout Raphael	19:00 - 19:55 Functional Workout Raphael
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Donnerstag , 20.03

08:00 - 08:55 Herzgruppe Andrea	09:00 - 09:55 Herzgruppe Andrea	10:30 - 11:25 Herzgruppe Andrea	12:15 - 13:00 TRX Jerom	14:00 - 14:55 Herzgruppe Andrea
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Freitag , 21.03

10:00 - 10:55 Fit Gym Petra	12:15 - 13:00 Pump Franziska	18:00 - 18:55 Functional Workout Raphael
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Samstag , 22.03

09:30 - 10:25 Zumba Idalmis	10:00 - 10:55 Functional Workout Jacqueline	10:45 - 11:40 Yoga Olga
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Sonntag , 23.03

09:30 - 10:25 Cycling Manuel	10:45 - 11:40 Pump Petra
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