

Montag , 04.12

09:15 - 10:10 <i>Dance Aerobic / Dance Mix</i> Monika	10:15 - 11:10 <i>Pilates</i> Monika	19:00 - 19:55 <i>Zumba</i> Eliane
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Dienstag , 05.12

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	10:00 - 10:55 <i>Rückenfit</i> Monika	18:00 - 18:55 <i>Yoga</i> Lei Rae	19:45 - 20:40 <i>Pump</i> Mengia Maria
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Mittwoch , 06.12

08:45 - 09:30 <i>Step</i> Monika	09:30 - 10:15 <i>Interval Training</i> Monika	10:15 - 11:10 <i>Pilates</i> Daniela	19:00 - 19:55 <i>Zumba</i> Beatriz
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Donnerstag , 07.12

08:30 - 09:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Nicole	09:30 - 10:25 <i>Rückenfit</i> Nicole
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Freitag , 08.12

09:15 - 10:10 <i>Zumba</i> Andrea
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Samstag , 09.12

Sonntag , 10.12