

Montag , 05.08

09:30 - 10:25 <i>Pilates</i> Sonja	17:30 - 18:00 <i>Les Mills Grit</i> Anna	18:15 - 19:10 <i>Faszien-Training</i> Olga	19:30 - 20:30 <i>Les Mills Bodypump</i> Anna
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Dienstag , 06.08

12:05 - 13:05 <i>Les Mills Bodypump</i> Tatiana	17:45 - 18:15 <i>Les Mills CORE</i> Ilona	18:20 - 19:15 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ilona
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Mittwoch , 07.08

09:30 - 10:25 <i>Pilates</i> Sonja	12:05 - 12:35 <i>Les Mills CORE</i> Sonja	12:35 - 13:05 <i>Les Mills Grit</i> Sonja	18:30 - 19:30 <i>Les Mills Bodypump</i> Eszter	19:45 - 20:40 <i>Pilates</i> Bettina
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Donnerstag , 08.08

12:05 - 13:00 <i>Pilates</i> Sonja	18:30 - 19:30 <i>Martial Art Fit</i> Dirk	19:40 - 20:35 <i>Faszien Yoga</i> Sonja
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Freitag , 09.08

09:00 - 09:55 <i>Faszien-Training</i> Carole	12:05 - 13:05 <i>Les Mills Bodypump</i> Elena
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Samstag , 10.08

09:30 - 10:30 <i>Les Mills Bodypump</i> Eszter

Sonntag , 11.08

10:00 - 11:00 <i>Les Mills Bodypump</i> Eszter
