

Montag , 20.01

<b>09:30 - 10:25</b> <i>Pilates</i> Caroline	<b>17:30 - 18:00</b> <i>Les Mills Grit</i> Anna	<b>18:15 - 19:10</b> <i>Faszien-Training</i> Olga	<b>18:15 - 19:10</b> <i>Cycling</i> Rene	<b>19:30 - 20:30</b> <i>Les Mills Bodypump</i> Nicole
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Dienstag , 21.01

<b>09:15 - 10:15</b> <i>Les Mills Bodypump</i> Barbara	<b>12:05 - 13:05</b> <i>Les Mills Bodypump</i> Tatiana	<b>17:45 - 18:15</b> <i>Les Mills CORE</i> Ilona	<b>18:20 - 19:15</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ilona
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Mittwoch , 22.01

<b>09:30 - 10:25</b> <i>Pilates</i> Caroline	<b>12:05 - 12:35</b> <i>Les Mills CORE</i> Sonja	<b>12:35 - 13:05</b> <i>Les Mills Grit</i> Sonja	<b>18:30 - 19:30</b> <i>Les Mills Bodypump</i> Eszter	<b>19:45 - 20:40</b> <i>Pilates</i> Bettina
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Donnerstag , 23.01

<b>12:05 - 13:00</b> <i>Pilates</i> Sonja	<b>18:30 - 19:30</b> <i>Martial Art Fit</i> Dirk	<b>18:30 - 19:25</b> <i>Cycling</i> Rene	<b>19:40 - 20:35</b> <i>Faszien Yoga</i> Sonja
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Freitag , 24.01

<b>09:00 - 09:55</b> <i>Faszien-Training</i> Carole	<b>12:05 - 13:05</b> <i>Les Mills Bodypump</i> Elena
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Samstag , 25.01

<b>09:30 - 10:30</b> <i>Les Mills Bodypump</i> Team
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Sonntag , 26.01

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