

**Montag , 31.03**

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| <b>09:30 - 10:25</b><br><i>Pilates</i><br>Caroline | <b>17:30 - 18:00</b><br><i>Les Mills Grit</i><br>Anna | <b>18:15 - 19:10</b><br><i>Faszien-Training</i><br>Olga | <b>18:15 - 19:10</b><br><i>Cycling</i><br>Rene | <b>19:30 - 20:30</b><br><i>Les Mills Bodypump</i><br>Nicole |
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**Dienstag , 01.04**

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| <b>09:15 - 10:15</b><br><i>Les Mills Bodypump</i><br>Barbara | <b>12:05 - 13:05</b><br><i>Les Mills Bodypump</i><br>Tatiana | <b>17:45 - 18:15</b><br><i>Les Mills CORE</i><br>Ilona | <b>18:20 - 19:15</b><br><i>BBP (Bauch, Beine, Po) / Bodytone</i><br>Ilona |
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**Mittwoch , 02.04**

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| <b>09:00 - 10:00</b><br><i>Pilates</i><br>Caroline | <b>12:05 - 12:35</b><br><i>Les Mills CORE</i><br>Sonja | <b>12:35 - 13:05</b><br><i>Les Mills Grit</i><br>Sonja | <b>18:30 - 19:30</b><br><i>Les Mills Bodypump</i><br>Eszter | <b>19:45 - 20:40</b><br><i>Pilates</i><br>Bettina |
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**Donnerstag , 03.04**

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| <b>12:05 - 13:00</b><br><i>Pilates</i><br>Sonja | <b>18:15 - 19:10</b><br><i>Cycling</i><br>Rene | <b>18:30 - 19:30</b><br><i>Martial Art Fit</i><br>Dirk | <b>19:40 - 20:35</b><br><i>Faszien Yoga</i><br>Sonia |
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**Freitag , 04.04**

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| <b>09:00 - 09:55</b><br><i>Faszien-Training</i><br>Carole | <b>12:05 - 13:05</b><br><i>Les Mills Bodypump</i><br>Elena |
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**Samstag , 05.04**

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| <b>09:30 - 10:30</b><br><i>Les Mills Bodypump</i><br>Ilona |
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**Sonntag , 06.04**

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| <b>10:00 - 11:00</b><br><i>Les Mills Bodypump</i><br>Monika |
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