

Montag , 27.10

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| 09:30 - 10:25 <i>Pilates</i> Caroline | 17:30 - 18:00 <i>Les Mills Grit</i> Anna | 18:15 - 19:10 <i>Faszien-Training</i> Olga | 18:15 - 19:10 <i>Cycling</i> Rene | 19:30 - 20:30 <i>Les Mills Bodypump</i> Nicole |
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Dienstag , 28.10

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| 09:15 - 10:15 <i>Les Mills Bodypump</i> Barbara | 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> Melanie |
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Mittwoch , 29.10

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| 09:00 - 10:00 <i>Pilates</i> Caroline | 12:05 - 12:35 <i>Les Mills CORE</i> Sonja | 12:35 - 13:05 <i>Les Mills Grit</i> Sonja | 18:00 - 19:00 <i>Les Mills Bodypump</i> Anna | 19:15 - 20:10 <i>Pilates</i> Bettina |
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Donnerstag , 30.10

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| 12:05 - 13:00 <i>Pilates</i> Sonja | 18:15 - 19:10 <i>Cycling</i> Rene | 18:30 - 19:30 <i>Martial Art Fit</i> Dirk | 19:40 - 20:35 <i>Faszien Yoga</i> Sonia |
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Freitag , 31.10

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| 09:00 - 09:55 <i>Faszien-Training</i> Carole | 12:05 - 13:05 <i>Les Mills Bodypump</i> Elena |
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Samstag , 01.11

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| 09:30 - 10:30 <i>Les Mills Bodypump</i> Monika |
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Sonntag , 02.11

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