

Montag , 06.11

09:00 - 10:00 Zumba Pilar	10:10 - 11:10 Stretching Veronika	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Brigitte	18:00 - 18:30 Core Training Simone	18:30 - 19:30 Functional Workout Simone
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Dienstag , 07.11

08:30 - 09:30 Pilates Veronika	09:40 - 10:40 Fit ab 60 Veronika	12:15 - 13:15 Cycling Simone	18:00 - 19:00 BBP (Bauch, Beine, Po) / Bodytone Veronika	19:10 - 20:10 BodyART Veronika
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Mittwoch , 08.11

08:20 - 08:50 Core Training Veronika	09:00 - 10:00 Pump Workout Jenny	10:10 - 11:10 Sicher gehen Brigitte	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Jenny	18:00 - 19:00 Pump Workout Simone	19:10 - 20:10 Pilates Veronika
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Donnerstag , 09.11

08:10 - 09:00 BodyART International Veronika	09:10 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Brigitte	10:20 - 11:20 Cycling Barbara	12:15 - 12:45 P.I.I.T Daniela	18:00 - 19:00 TRX Simone	19:10 - 20:10 Cycling Manuel
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Freitag , 10.11

08:45 - 09:45 Pump Workout Jenny	09:55 - 10:55 Rückenfit Simone	12:15 - 13:15 Pump Workout Simone	17:00 - 18:00 Yoga Jenny
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Samstag , 11.11

09:15 - 10:15 Pilates Veronika	10:30 - 11:30 Cycling David
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Sonntag , 12.11

10:00 - 11:00 Zumba Nicholay	11:15 - 12:15 Cycling Simone
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