

**Montag , 04.12**

<b>09:00 - 10:00</b> Zumba Deniz	<b>10:10 - 11:10</b> Stretching Veronika	<b>12:15 - 13:05</b> BBP (Bauch, Beine, Po) / Bodytone Brigitte	<b>18:00 - 18:30</b> Core Training Simone	<b>18:30 - 19:30</b> Functional Workout Simone
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**Dienstag , 05.12**

<b>08:30 - 09:30</b> Pilates Veronika	<b>09:40 - 10:40</b> Fit ab 60 Veronika	<b>12:15 - 13:15</b> Cycling Carlo	<b>18:00 - 19:00</b> BBP (Bauch, Beine, Po) / Bodytone Veronika	<b>19:10 - 20:10</b> BodyART Veronika
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**Mittwoch , 06.12**

<b>08:20 - 08:50</b> Core Training Veronika	<b>09:00 - 10:00</b> Pump Workout Jenny	<b>10:10 - 11:10</b> Sicher gehen Brigitte	<b>12:15 - 13:05</b> BBP (Bauch, Beine, Po) / Bodytone Jenny	<b>18:00 - 19:00</b> Pump Workout Simone	<b>19:10 - 20:10</b> Pilates Veronika
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**Donnerstag , 07.12**

<b>08:10 - 09:00</b> BodyART International Veronika	<b>09:10 - 10:10</b> BBP (Bauch, Beine, Po) / Bodytone Brigitte	<b>10:20 - 11:20</b> Cycling Carlo	<b>12:15 - 12:45</b> P.I.I.T Melanie	<b>18:00 - 19:00</b> TRX Simone	<b>19:10 - 20:10</b> Cycling Manuel
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**Freitag , 08.12**

<b>08:45 - 09:45</b> Pump Workout Jenny	<b>09:55 - 10:55</b> Rückenfit Simone	<b>12:15 - 13:15</b> Pump Workout Simone	<b>17:00 - 18:00</b> Yoga Jenny
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**Samstag , 09.12**

<b>09:15 - 10:15</b> Pilates Veronika	<b>10:30 - 11:30</b> Cycling Manuel
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**Sonntag , 10.12**

<b>11:15 - 12:15</b> Cycling Simone
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