

**Montag , 08.01**

<b>09:00 - 09:55</b> Zumba Deniz	<b>10:10 - 11:05</b> Stretching Vera	<b>12:15 - 13:05</b> BBP (Bauch, Beine, Po) / Bodytone Brigitte	<b>18:00 - 18:30</b> Core Training Simone	<b>18:35 - 19:30</b> Functional Workout Simone
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**Dienstag , 09.01**

<b>08:30 - 09:25</b> Pilates Isabelle	<b>09:40 - 10:35</b> Fit ab 60 Isabel	<b>12:15 - 13:10</b> Cycling Carlo	<b>18:00 - 18:55</b> BBP (Bauch, Beine, Po) / Bodytone Simone
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**Mittwoch , 10.01**

<b>08:20 - 08:50</b> Simply Core Isabel	<b>09:00 - 09:55</b> Pump Workout Jenny	<b>10:10 - 11:05</b> Sicher gehen Brigitte	<b>12:15 - 13:05</b> BBP (Bauch, Beine, Po) / Bodytone Daniela	<b>18:00 - 18:55</b> Pump Workout Simone	<b>19:10 - 20:05</b> Pilates Isabelle
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**Donnerstag , 11.01**

<b>09:15 - 10:10</b> BBP (Bauch, Beine, Po) / Bodytone Brigitte	<b>10:20 - 11:15</b> Cycling Barbara	<b>12:15 - 12:45</b> P.I.I.T Daniela	<b>18:00 - 18:55</b> TRX Simone	<b>19:10 - 20:05</b> Cycling Manuel
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**Freitag , 12.01**

<b>08:45 - 09:40</b> Pump Workout Simone	<b>09:55 - 10:50</b> Rückenfit Simone	<b>12:15 - 13:10</b> Pump Workout Simone	<b>17:00 - 17:55</b> Yoga Sabrina
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**Samstag , 13.01**

<b>09:15 - 10:10</b> Pilates Isabelle	<b>10:30 - 11:25</b> Cycling Saskia
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**Sonntag , 14.01**

<b>10:00 - 10:55</b> Zumba Nicholay	<b>11:15 - 12:10</b> Cycling Simone
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