

**Montag , 15.01**

<b>09:00 - 09:55</b> Zumba Karina	<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 , 16.01**

<b>08:30 - 09:25</b> Pilates Isabelle	<b>09:40 - 10:35</b> Fit ab 60 Susanne	<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 , 17.01**

<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 Veronika
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**Donnerstag , 18.01**

<b>08:10 - 09:05</b> BodyART International Veronika	<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 , 19.01**

<b>08:45 - 09:40</b> Pump Workout Jenny	<b>09:55 - 10:50</b> Rückenfit Simone	<b>12:15 - 13:10</b> Pump Workout Simone	<b>17:00 - 17:55</b> Yoga Jenny
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**Samstag , 20.01**

<b>09:15 - 10:10</b> Pilates Veronika	<b>10:30 - 11:25</b> Cycling Barbara
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**Sonntag , 21.01**

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