

**Montag , 29.07**

<b>09:00 - 09:55</b> <i>Zumba</i> Nicholay	<b>10:10 - 11:05</b> <i>Stretching</i> Veronika	<b>12:15 - 13:05</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Brigitte	<b>18:00 - 18:30</b> <i>Core Training</i> Simone	<b>18:35 - 19:30</b> <i>Functional Workout</i> Simone
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**Dienstag , 30.07**

<b>08:30 - 09:25</b> <i>Pilates</i> Veronika	<b>09:40 - 10:35</b> <i>Fit ab 60</i> Veronika	<b>12:15 - 13:10</b> <i>Cycling</i> Carlo	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Veronika
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**Mittwoch , 31.07**

<b>09:00 - 09:55</b> <i>Pump Workout</i> Claudine	<b>10:10 - 11:05</b> <i>Sicher gehen</i> Brigitte	<b>12:15 - 13:05</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Bianca	<b>18:00 - 18:55</b> <i>Pump Workout</i> Simone	<b>19:10 - 20:05</b> <i>Pilates</i> Mariya
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**Donnerstag , 01.08**

**Freitag , 02.08**

<b>08:45 - 09:40</b> <i>Pump Workout</i> Simone	<b>09:55 - 10:50</b> <i>Rückenfit</i> Simone	<b>12:15 - 13:10</b> <i>Pump Workout</i> Isabel	<b>17:00 - 17:55</b> <i>Yoga</i> Mariya
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**Samstag , 03.08**

<b>09:15 - 10:10</b> <i>Pilates</i> Veronika	<b>10:30 - 11:25</b> <i>Cycling</i> Raymond
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**Sonntag , 04.08**

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