

Montag , 16.09

09:00 - 09:55 Zumba Deniz	10:10 - 11:05 Stretching Veronika	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Cynthia	18:00 - 18:30 Core Training Simone	18:35 - 19:30 Functional Workout Simone
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Dienstag , 17.09

08:30 - 09:25 Pilates Veronika	09:40 - 10:35 Fit ab 60 Veronika	12:15 - 13:10 Cycling Simone	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Veronika	19:10 - 20:05 BodyART Veronika
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Mittwoch , 18.09

08:20 - 08:50 Simply Core Isabel	09:00 - 09:55 Pump Workout Jenny	10:10 - 11:05 Sicher gehen Cynthia	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Daniela	18:00 - 18:55 Functional Workout Cynthia	19:10 - 20:05 Pilates Veronika
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Donnerstag , 19.09

08:10 - 09:05 BodyART International Veronika	09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Melanie	10:20 - 11:15 Cycling Barbara	12:15 - 12:45 P.I.I.T Daniela	18:00 - 18:55 TRX Simone	19:10 - 20:05 Cycling Simone
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Freitag , 20.09

08:45 - 09:40 Pump Workout Isabel	09:55 - 10:50 Rückenfit Simone	12:15 - 13:10 Pump Workout Isabel	17:00 - 17:55 Yoga Vera
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Samstag , 21.09

09:15 - 10:10 Pilates Veronika	10:30 - 11:25 Cycling Barbara
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Sonntag , 22.09

10:00 - 10:55 Zumba Nicholay	11:15 - 12:10 Cycling Manuel
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