

Montag , 30.09

09:00 - 09:55 Zumba Pilar	10:10 - 11:05 Stretching Veronika	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Cynthia	18:00 - 18:30 Core Training Luana	18:35 - 19:30 Functional Workout Luana
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Dienstag , 01.10

08:30 - 09:25 Pilates Veronika	09:40 - 10:35 Fit ab 60 Veronika	12:15 - 13:10 Cycling Sandra	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Veronika	19:10 - 20:05 BodyART Veronika
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Mittwoch , 02.10

08:20 - 08:50 Simply Core Jenny	09:00 - 09:55 Pump Workout Jenny	10:10 - 11:05 Sicher gehen Brigitte	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Bianca	19:10 - 20:05 Pilates Isabelle
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Donnerstag , 03.10

08:10 - 09:05 BodyART International Veronika	09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Brigitte	10:20 - 11:15 Cycling Barbara	12:15 - 12:45 P.I.I.T Naima	18:00 - 18:55 TRX Anita	19:10 - 20:05 Cycling Manuel
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Freitag , 04.10

08:45 - 09:40 Pump Workout Jenny	09:55 - 10:50 Rückenfit Susanne	17:00 - 17:55 Yoga Jenny
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Samstag , 05.10

09:15 - 10:10 Pilates Isabelle	10:30 - 11:25 Cycling Barbara
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Sonntag , 06.10

10:00 - 10:55 Zumba Catherine	11:15 - 12:10 Cycling Barbara
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