

Montag , 10.03

09:00 - 10:00 Zumba Pilar	10:10 - 11:05 Stretching Veronika	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Brigitte	18:40 - 19:35 Functional Workout Luana
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Dienstag , 11.03

08:30 - 09:25 Pilates Veronika	09:40 - 10:35 Fit ab 60 Veronika	12:15 - 13:10 Cycling Carlo	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Veronika	19:10 - 20:05 BodyART Veronika
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Mittwoch , 12.03

08:20 - 08:50 Simply Core Isabel	09:00 - 09:55 Muscle Work Jenny	10:10 - 11:05 Sicher gehen Brigitte	12:15 - 13:05 BBP (Bauch, Beine, Po) / Bodytone Daniela	18:00 - 18:55 Pump Bianca	19:10 - 20:05 Pilates Isabelle
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Donnerstag , 13.03

08:10 - 09:05 BodyART International Veronika	09:15 - 10:10 BBP (Bauch, Beine, Po) / Bodytone Brigitte	10:20 - 11:15 Cycling Carlo	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 , 14.03

08:45 - 09:40 Muscle Work Jenny	09:55 - 10:50 Rückenfit Simone	12:15 - 13:10 Pump Workout Saskia	17:00 - 17:55 Yoga Jenny
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Samstag , 15.03

09:15 - 10:10 Pilates Veronika	10:30 - 11:25 Cycling Raymond
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Sonntag , 16.03

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