

Montag , 11.11

08:00 - 08:55 <i>Motion</i> Pia	09:05 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Flavia	17:30 - 18:30 <i>CrossFit</i> Lea	18:30 - 19:30 <i>CrossFit</i> Lea	18:30 - 19:25 <i>Zumba</i> Filipa
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Dienstag , 12.11

08:15 - 09:00 <i>TRX</i> Ruth	09:00 - 10:00 <i>CrossFit</i> Julia	09:05 - 10:05 <i>Cycling</i> Brigitte	09:30 - 10:25 <i>Functional Workout</i> Ruth	18:10 - 19:05 <i>Pump</i> Elena	18:15 - 19:15 <i>CrossFit</i> Christian	19:15 - 20:15 <i>Faszien-Training</i> Reni
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Mittwoch , 13.11

09:00 - 09:55 <i>Zumba</i> Elena	10:00 - 10:30 <i>Core Training</i> Flavia	12:00 - 12:55 <i>Pump</i> Rebecca	17:45 - 18:45 <i>CrossFit</i> Lea	18:45 - 19:45 <i>CrossFit</i> Lea	19:00 - 20:00 <i>Power Yoga</i> Rocio
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Donnerstag , 14.11

09:00 - 10:00 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Flavia	09:15 - 10:15 <i>CrossFit</i> Olivia	10:15 - 11:10 <i>Functional Workout</i> Flavia	10:15 - 11:15 <i>Motion</i> Oscarlita	18:15 - 19:15 <i>CrossFit</i> Team
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Freitag , 15.11

08:00 - 08:55 <i>Faszien-Training</i> Reni	09:00 - 09:55 <i>Yoga</i> Pia	09:15 - 10:15 <i>CrossFit</i> Reni	10:10 - 11:05 <i>Pump</i> Ruth
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Samstag , 16.11

08:45 - 09:40 <i>Pilates</i> Olga	09:15 - 10:15 <i>CrossFit</i> Olivia	10:00 - 10:55 <i>Cycling</i> Michaela	10:15 - 11:15 <i>CrossFit</i> Olivia
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Sonntag , 17.11

09:30 - 10:00 <i>Core Training</i> Rebecca	10:10 - 11:05 <i>Pump</i> Rebecca	10:15 - 11:15 <i>CrossFit</i> Daniel
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