

Montag , 16.12

14:00 - 14:55 <i>Best Agers</i> Erblin	18:00 - 18:55 <i>Pump</i> Team	19:10 - 20:05 <i>Bodycombat</i> Djamshed	20:15 - 20:45 <i>Core Training</i> Djamshed
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Dienstag , 17.12

09:00 - 09:55 <i>Pilates</i> Miroslava	17:40 - 18:35 <i>Rückenfit</i> Team	18:00 - 19:45 <i>X Train</i> Jaromir	18:50 - 19:45 <i>Jumping</i> Djamshed	20:05 - 21:00 <i>Boxen</i> Philippe
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Mittwoch , 18.12

08:00 - 08:45 <i>Best Agers</i> Erblin	09:00 - 09:55 <i>Zumba</i> Daniela	10:00 - 10:55 <i>Yoga</i> Keith	16:55 - 17:50 <i>Pump</i> Team	18:00 - 18:55 <i>Bodycombat</i> Djamshed	19:10 - 20:05 <i>Pilates</i> Miroslava
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Donnerstag , 19.12

18:00 - 18:55 <i>Jumping</i> Djamshed	18:00 - 18:45 <i>Core Training</i> Team	19:15 - 19:50 <i>Core Training</i> Djamshed
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Freitag , 20.12

10:00 - 10:55 <i>Bodycombat</i> Team	18:00 - 18:55 <i>Boxen</i> Philippe
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Samstag , 21.12

09:30 - 10:25 <i>Yoga</i> Laura
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Sonntag , 22.12