

Montag , 02.12

09:30 - 10:25 <i>Pilates</i> Giobana	18:00 - 18:25 <i>Pump i.t.</i> Dominic	18:35 - 19:05 <i>P.I.I.T</i> Dominic	19:15 - 20:10 <i>Dance Aerobic / Dance Mix</i> Larissa
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Dienstag , 03.12

18:00 - 18:55 <i>Rückengymnastik</i> Alina	19:10 - 20:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alina
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Mittwoch , 04.12

09:00 - 09:55 <i>Yoga</i> Giobana	17:35 - 18:30 <i>Pilates</i> Giobana	19:00 - 19:55 <i>Pump</i> Vittoria
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Donnerstag , 05.12

09:00 - 09:55 <i>Toning</i> Vittoria	18:00 - 18:55 <i>Yoga</i> Giobana	19:15 - 20:10 <i>Cycling</i> Remo
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Freitag , 06.12

09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alina	18:00 - 18:55 <i>Functional Workout</i> Larissa	19:00 - 19:55 <i>Zumba</i> Katarzyna
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Samstag , 07.12

09:30 - 10:25 <i>Mobility</i> Alina
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Sonntag , 08.12