

Montag , 15.01

09:15 - 10:10 <i>Pump</i> Tiziana	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Tiziana	19:05 - 20:00 <i>Pilates</i> Tiziana
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Dienstag , 16.01

09:15 - 10:10 <i>Functional Workout</i> Carmen	10:15 - 10:45 <i>Stretching</i> Carmen	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Yvonne	19:05 - 20:00 <i>Full Body Workout</i> Nicole
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Mittwoch , 17.01

09:15 - 10:10 <i>Rückenfit</i> Olivia	18:00 - 18:30 <i>Simply Core</i> Tiziana	18:40 - 19:35 <i>Pump</i> Tiziana
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Donnerstag , 18.01

09:15 - 09:45 <i>Upcon</i> Carmen	09:50 - 10:45 <i>Pilates</i> Carmen	17:45 - 18:30 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Carmen	19:05 - 20:00 <i>Zumba</i> Chantal
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Freitag , 19.01

09:30 - 10:25 <i>Functional Workout</i> Carmen	12:20 - 12:50 <i>Simply Core</i> Yvonne
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Samstag , 20.01

Sonntag , 21.01

10:00 - 10:55 <i>Pump</i> Tiziana
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