

Montag , 16.12

09:05 - 10:00 <i>Pump</i> Ajla	10:10 - 10:55 <i>Yoga</i> Ajla	18:00 - 18:55 <i>Pump</i> Katja	19:15 - 20:10 <i>Fitboxe</i> Nicole
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Dienstag , 17.12

09:05 - 10:00 <i>Rückengymnastik</i> Liz	18:00 - 18:55 <i>Zumba</i> Diana	19:05 - 20:00 <i>Power Yoga</i> Nina
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Mittwoch , 18.12

09:05 - 10:00 <i>Pump</i> Ajla	10:30 - 11:25 <i>Spiralkraft</i> Monika	18:15 - 19:10 <i>Pump</i> Veronica
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Donnerstag , 19.12

09:05 - 10:00 <i>Pilates</i> Nicola	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika
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Freitag , 20.12

09:05 - 10:00 <i>Zumba</i> Miriam
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Samstag , 21.12

Sonntag , 22.12

09:00 - 09:55 <i>Pump</i> Fabien	10:10 - 11:05 <i>Pilates</i> Valentina
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