

Montag , 18.12

09:15 - 10:10 <i>Pilates</i> Eva	18:00 - 18:55 <i>Yoga</i> Nadine	19:05 - 20:00 <i>Pump</i> Mariana
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Dienstag , 19.12

09:30 - 10:25 <i>Zumba</i> Miriam	12:10 - 12:40 <i>P.I.I.T</i> Sandra	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sandra	19:05 - 20:00 <i>Fitboxe</i> Sandra
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Mittwoch , 20.12

12:15 - 12:45 <i>Upcon</i> Ajla	17:30 - 18:25 <i>Pilates</i> Sandra	18:35 - 19:30 <i>Pump</i> Sandra	19:40 - 20:35 <i>Zumba</i> Andrea
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Donnerstag , 21.12

09:15 - 10:10 <i>Full Body Workout</i> Daniela	12:10 - 12:40 <i>P.I.I.T</i> Sandra	18:00 - 18:30 <i>Upcon</i> Nadine	18:40 - 19:35 <i>Yoga</i> Nadine
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Freitag , 22.12

09:15 - 10:10 <i>Yoga</i> Nadine

Samstag , 23.12

Sonntag , 24.12