

Montag , 07.10

09:15 - 10:10 <i>Yoga</i> Annaliese	18:00 - 18:30 <i>P.I.I.T</i> Sarina	18:30 - 19:25 <i>Pump</i> Sarina	19:30 - 20:00 <i>Stretching</i> Sarina
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Dienstag , 08.10

18:00 - 18:55 <i>Functional Workout</i> Sarina	19:00 - 19:55 <i>Power Yoga</i> Jasmin R.
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Mittwoch , 09.10

09:15 - 10:10 <i>Rückenfit</i> Marco	18:00 - 18:55 <i>Yoga</i> Ladina	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Yvonne
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Donnerstag , 10.10

18:00 - 18:55 <i>Pump</i> Sarina	19:05 - 20:00 <i>Pilates</i> Andrea
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Freitag , 11.10

09:15 - 10:10 <i>Pilates</i> Andrea	18:00 - 18:55 <i>Aerobic</i> Francesco
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Samstag , 12.10

Sonntag , 13.10