

Montag , 28.11

09:10 - 10:05 <i>Pump</i> Claudia	18:05 - 19:00 <i>Zumba</i> Adriana	19:10 - 20:05 <i>Pilates</i> Beatriz
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Dienstag , 29.11

09:10 - 10:05 <i>Yoga</i> Katrín	18:00 - 18:30 <i>P.I.I.T</i> Nadine	18:45 - 19:40 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Nadine
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Mittwoch , 30.11

18:30 - 19:25 <i>Pump</i> Petra
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Donnerstag , 01.12

09:10 - 10:05 <i>Zumba</i> Adriana	18:30 - 19:25 <i>Fighttime 55'</i> Natasha
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Freitag , 02.12

18:30 - 19:25 <i>Powerstep</i> Adriana

Samstag , 03.12

09:30 - 10:00 <i>P.I.I.T</i> Petra	10:05 - 11:00 <i>Pump</i> Petra
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Sonntag , 04.12

10:30 - 11:25 <i>Functional Workout</i> Nadine
