

Montag , 06.01

09:10 - 10:05 <i>Zumba</i> Melinda	10:15 - 11:10 <i>Kick Power</i> Angelika	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jette	19:00 - 19:55 <i>Power Yoga</i> Sandra
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Dienstag , 07.01

09:10 - 09:40 <i>Pump i.t.</i> Denise	09:45 - 10:20 <i>P.I.I.T</i> Denise	18:00 - 18:55 <i>Functional Workout</i> André	19:00 - 19:55 <i>Pump</i> Denise
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Mittwoch , 08.01

09:10 - 10:05 <i>Fitboxe</i> Denise	10:10 - 11:05 <i>Pump</i> Denise	19:00 - 19:55 <i>Zumba</i> Karina
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Donnerstag , 09.01

09:00 - 09:55 <i>Power Yoga</i> Bettina	10:00 - 10:55 <i>Pilates</i> Brigitte	18:00 - 18:55 <i>Step'n Tone</i> Jette	19:00 - 19:30 <i>Simply Core</i> Angelika
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Freitag , 10.01

09:10 - 09:55 <i>Zumba</i> Deniz	10:10 - 11:05 <i>Step'n Tone</i> Brigitte
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Samstag , 11.01

Sonntag , 12.01