

Montag , 21.11

09:15 - 10:10 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Gabriela	18:05 - 19:00 <i>Pilates</i> Astrid	19:15 - 20:10 <i>Zumba</i> Petra	20:25 - 21:20 <i>Pump</i> Ursi
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Dienstag , 22.11

09:10 - 10:05 <i>Pump</i> Ursi	10:15 - 11:10 <i>Cycling</i> Tanya	12:10 - 13:05 <i>Cycling</i> Walter	18:00 - 18:30 <i>P.I.I.T</i> Claude	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Angelika	20:05 - 21:00 <i>Fitboxe</i> Marina
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Mittwoch , 23.11

08:30 - 09:25 <i>Senioren Cycling</i> Brigitta	09:35 - 10:30 <i>Rückenfit</i> Claudia	17:50 - 18:45 <i>Powerstep</i> Petra	19:00 - 19:55 <i>Pump</i> Angelika	20:15 - 21:10 <i>Yoga</i> Nevin
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Donnerstag , 24.11

09:30 - 10:25 <i>Zumba</i> Marion	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Andrea	19:10 - 20:05 <i>Fighttime 55'</i> Karin
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Freitag , 25.11

08:30 - 09:25 <i>Over 50</i> Silvana	09:35 - 10:30 <i>Pilates</i> Silvana	12:15 - 12:45 <i>P.I.I.T</i> Claude	17:50 - 18:45 <i>Zumba</i> Petra	19:00 - 19:55 <i>Cycling</i> Ivo
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Samstag , 26.11

09:30 - 10:25 <i>Yoga</i> Nevin
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Sonntag , 27.11

09:10 - 10:05 <i>Cycling</i> Tanya	10:30 - 11:25 <i>Pump</i> Andreas
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