

Montag , 29.01

09:00 - 09:55 Yoga Laura	10:05 - 11:00 Upcon Melanie	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Ariane
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Dienstag , 30.01

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Rückenfit Isabel	18:30 - 19:25 Pump Graziella
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Mittwoch , 31.01

09:00 - 09:55 Zumba Sibylle	18:00 - 18:55 BBP (Bauch, Beine, Po) / Bodytone Jette	19:00 - 19:55 Cycling Barbara
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Donnerstag , 01.02

09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Ariane	10:10 - 11:05 Yoga Isabel	18:00 - 18:55 TRX Graziella	19:05 - 20:00 Power Yoga Anja
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Freitag , 02.02

08:50 - 09:20 P.I.I.T Melanie	09:30 - 10:00 Simply Core Melanie	10:10 - 11:05 Rückenfit Isabel
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Samstag , 03.02

10:00 - 10:55 Zumba Deniz	11:10 - 12:05 BBP (Bauch, Beine, Po) / Bodytone Ariane
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Sonntag , 04.02

09:30 - 10:25 Cycling Manuel	10:40 - 11:35 Dance Aerobic / Dance Mix Graziella
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