

Montag , 28.10

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| 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 , 29.10

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| 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 , 30.10

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| 09:00 - 09:55 Zumba Deniz | 18:00 - 18:55 Step'n Tone Graziella | 19:05 - 20:00 Cycling Barbara |
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Donnerstag , 31.10

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| 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 Elissa |
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Freitag , 01.11

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| 08:50 - 09:20 P.I.I.T Melanie | 09:30 - 10:00 Simply Core Melanie | 10:10 - 11:05 Rückenfit Isabel | 17:00 - 17:55 Cycling Special Barbara | 18:00 - 18:55 Cycling Special Manuel | 19:00 - 19:55 Cycling Special Caroline |
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Samstag , 02.11

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| 10:00 - 10:55 Zumba Deniz | 11:10 - 12:05 BBP (Bauch, Beine, Po) / Bodytone Ariane |
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Sonntag , 03.11

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| 09:30 - 10:25 Cycling Sandra | 10:35 - 11:25 BBP (Bauch, Beine, Po) / Bodytone Graziella |
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