

Montag , 28.04

08:55 - 09:55 <i>Yoga</i> Laura	10:05 - 11:00 <i>Upcon</i> Melanie	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane	19:10 - 20:05 <i>TRX</i> Graziella
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Dienstag , 29.04

09:00 - 09:55 <i>Interval Training</i> Ariane	10:10 - 11:05 <i>Rückenfit</i> Isabel	18:30 - 19:25 <i>Pump</i> Petra
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Mittwoch , 30.04

09:00 - 09:55 <i>Zumba</i> Sibylle	10:10 - 11:05 <i>Cycling</i> Stephanie	18:00 - 18:55 <i>Step'n Tone</i> Graziella	19:05 - 20:00 <i>Cycling</i> Barbara
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Donnerstag , 01.05

Freitag , 02.05

08:50 - 09:20 <i>P.I.I.T</i> Melanie	09:30 - 10:00 <i>Simply Core</i> Melanie	10:10 - 11:05 <i>Rückenfit</i> Isabel	18:00 - 18:55 <i>Cycling</i> Stephanie
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Samstag , 03.05

10:00 - 10:55 <i>Zumba</i> Deniz	11:10 - 12:05 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Ariane
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Sonntag , 04.05

09:30 - 10:25 <i>Cycling</i> Barbara	10:35 - 11:30 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Melanie
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