

Montag , 09.12

12:15 - 12:45 <i>P.I.I.T</i> Melanie	18:10 - 19:05 <i>Pump</i> Saskia	19:15 - 20:10 <i>Functional Workout</i> Saskia
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Dienstag , 10.12

09:00 - 09:55 <i>Yoga</i> Laura	10:10 - 11:05 <i>Zumba</i> Felicia	12:10 - 13:05 <i>Pump</i> Graziella	18:00 - 18:55 <i>Pilates</i> Geneviève	19:05 - 20:00 <i>Functional Workout</i> Bianca
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Mittwoch , 11.12

08:45 - 09:40 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Angelica	09:50 - 10:45 <i>Rückenfit</i> Sonja	18:00 - 18:55 <i>Powerstep</i> Priska	19:05 - 20:00 <i>Yoga</i> Bettina
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Donnerstag , 12.12

09:30 - 10:25 <i>Pilates</i> Geneviève	12:15 - 12:45 <i>Upcon</i> Melanie	18:00 - 18:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Natalie	19:05 - 20:00 <i>Pump</i> Cristian	20:10 - 21:05 <i>Zumba</i> Felicia
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Freitag , 13.12

08:30 - 09:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Graziella

Samstag , 14.12

09:30 - 10:25 <i>Step'n Tone</i> Nicole
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Sonntag , 15.12

10:00 - 10:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Fabienne
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