

**Montag , 07.10**

<b>09:00 - 09:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Alexandra	<b>10:00 - 10:55</b> <i>Yoga</i> Alexandra	<b>12:15 - 12:45</b> <i>P.I.I.T</i> Linda	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Linda	<b>19:00 - 19:55</b> <i>Zumba</i> Andrea	<b>20:00 - 20:55</b> <i>Power Yoga</i> Beatrice
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**Dienstag , 08.10**

<b>09:00 - 09:55</b> <i>Zumba Gold</i> Leidy	<b>10:00 - 10:55</b> <i>Power Yoga</i> Liliya	<b>17:25 - 17:55</b> <i>P.I.I.T</i> Angela	<b>18:00 - 18:55</b> <i>Kick Power</i> Nicole	<b>19:00 - 19:55</b> <i>Pump</i> Sandra
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**Mittwoch , 09.10**

<b>09:25 - 10:10</b> <i>Senioren Cycling</i> Alexandra	<b>10:15 - 11:10</b> <i>Rückengymnastik</i> Alexandra	<b>18:00 - 18:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Katja
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**Donnerstag , 10.10**

<b>06:15 - 07:10</b> <i>Pilates</i> Sandra	<b>09:30 - 10:25</b> <i>Pilates</i> Nicola	<b>18:00 - 18:55</b> <i>Pump</i> Nicole	<b>19:05 - 20:00</b> <i>Fitboxe</i> Andrej
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**Freitag , 11.10**

<b>09:00 - 09:55</b> <i>Rückengymnastik</i> Nicola	<b>10:00 - 10:55</b> <i>Yoga</i> Asal	<b>12:15 - 13:10</b> <i>Pump</i> Nicole	<b>19:00 - 19:55</b> <i>Pilates</i> Eva
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**Samstag , 12.10**

<b>09:30 - 10:25</b> <i>Yoga</i> Beatrice
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**Sonntag , 13.10**

<b>08:55 - 09:25</b> <i>P.I.I.T</i> Nicole	<b>09:30 - 10:25</b> <i>Pump</i> Nicole
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