

Montag , 02.12

17:30 - 18:25 <i>Pilates</i> Caroline	18:45 - 19:40 <i>Step'n Tone</i> Sandra	19:45 - 20:40 <i>Functional Workout</i> Johana
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Dienstag , 03.12

08:30 - 09:25 <i>Functional Yoga</i> Johana	18:45 - 19:40 <i>Toning / Pilates</i> Caroline	19:45 - 20:40 <i>Dance Aerobic / Dance Mix</i> Johana
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Mittwoch , 04.12

10:00 - 10:55 <i>Pilates</i> Caroline	18:45 - 19:40 <i>Pump</i> Martina	20:00 - 20:55 <i>Deep Stretch</i> Bernadette
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Donnerstag , 05.12

18:45 - 19:40 <i>Yoga</i> Lisa	19:45 - 20:40 <i>Upcon</i> Johana
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Freitag , 06.12

Samstag , 07.12

Sonntag , 08.12