

### Montag , 23.12

<b>17:30 - 18:25</b> <i>Pilates</i> Caroline	<b>18:45 - 19:40</b> <i>Step'n Tone</i> Sandra	<b>19:45 - 20:40</b> <i>Functional Workout</i> Johana
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### Dienstag , 24.12

<b>08:30 - 09:25</b> <i>Functional Yoga</i> Johana	<b>18:45 - 19:40</b> <i>Toning / Pilates</i> Caroline	<b>19:45 - 20:40</b> <i>Dance Aerobic / Dance Mix</i> Johana
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### Mittwoch , 25.12

<b>10:00 - 10:55</b> <i>Pilates</i> Caroline	<b>18:45 - 19:40</b> <i>Pump</i> Martina	<b>20:00 - 20:55</b> <i>Deep Stretch</i> Bernadette
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### Donnerstag , 26.12

<b>18:45 - 19:40</b> <i>Yoga</i> Lisa	<b>19:45 - 20:40</b> <i>Upcon</i> Johana
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### Freitag , 27.12

### Samstag , 28.12

### Sonntag , 29.12