

Montag , 03.04

08:30 - 09:25 <i>Yoga</i> Michaela	09:30 - 10:25 <i>Pump</i> Vasiliki	19:00 - 19:55 <i>Fitboxe</i> Arlette	20:05 - 21:00 <i>Power Yoga</i> Liliya
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Dienstag , 04.04

09:10 - 10:05 <i>Pump</i> Monika	10:10 - 11:05 <i>Pilates</i> Sarah	12:15 - 12:45 <i>P.I.I.T</i> Monika	18:15 - 19:10 <i>Pump</i> Jasmin	19:15 - 20:10 <i>Dance Aerobic / Dance Mix</i> Sina
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Mittwoch , 05.04

08:30 - 09:25 <i>Zumba</i> Petra	09:30 - 10:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Gabriela	17:55 - 18:50 <i>Zumba</i> Marion	19:05 - 20:00 <i>Fitboxe</i> Arlette
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Donnerstag , 06.04

09:10 - 10:05 <i>Rückengymnastik</i> Olivia	12:15 - 12:45 <i>P.I.I.T</i> Monika	18:00 - 18:55 <i>Pump</i> Monika	19:05 - 20:00 <i>Fighttime 55'</i> Arlette
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Freitag , 07.04

Samstag , 08.04

09:00 - 09:55 <i>Yoga</i> Liliya	10:15 - 11:10 <i>Fitboxe</i> Nicole
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Sonntag , 09.04

10:00 - 11:30 <i>Yoga Special</i> Liliya
