

Montag , 25.09

08:30 - 09:25 Yoga Michaela	09:30 - 10:25 Pump Adriana	19:00 - 19:55 Fitboxe Arlette	20:05 - 21:00 Power Yoga Liliya
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Dienstag , 26.09

09:00 - 09:55 Pump Monika	10:10 - 11:05 Pilates Sarah	12:15 - 12:45 P.I.I.T Monika	18:15 - 19:10 Pump Sarah	19:15 - 20:10 Dance Step Christina
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Mittwoch , 27.09

09:30 - 10:25 BBP (Bauch, Beine, Po) / Bodytone Gabriela	17:55 - 18:50 Zumba Uriel	19:05 - 20:00 Fitboxe Arlette
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Donnerstag , 28.09

09:10 - 10:05 Rückengymnastik Olivia	12:15 - 12:45 P.I.I.T Janina	18:00 - 18:55 Pump Monika	19:05 - 20:00 BBP (Bauch, Beine, Po) / Bodytone Arlette
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Freitag , 29.09

09:05 - 10:00 Yoga Lisa	10:15 - 11:10 BBP (Bauch, Beine, Po) / Bodytone Gabriela
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Samstag , 30.09

09:00 - 09:55 Yoga Annemie	10:15 - 11:10 Fitboxe Alina
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Sonntag , 01.10

09:20 - 10:15 Zumba Marion	10:30 - 11:25 Pump Sarah
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