

Montag , 01.07

09:10 - 10:05 <i>Pump</i> Lydia	10:10 - 10:40 <i>P.I.I.T</i> Lydia	18:00 - 18:30 <i>P.I.I.T</i> Rahel	18:40 - 19:35 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sara
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Dienstag , 02.07

18:00 - 18:55 <i>Power Yoga</i> Manuela
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Mittwoch , 03.07

09:10 - 10:05 <i>Pump</i> Barbara	10:10 - 10:40 <i>Simply Core</i> Barbara	18:30 - 19:25 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	19:35 - 20:30 <i>Pilates</i> Monika
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Donnerstag , 04.07

09:10 - 10:05 <i>Functional Workout</i> Sara	18:45 - 19:40 <i>Pump</i> Janine
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Freitag , 05.07

10:15 - 11:10 <i>Pilates</i> Yvette
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Samstag , 06.07

Sonntag , 07.07

09:10 - 10:05 <i>Yoga</i> Nadine
