

Montag , 04.11

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 , 05.11

18:00 - 18:55 <i>Power Yoga</i> Manuela	19:05 - 19:35 <i>Stretching</i> Manuela
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Mittwoch , 06.11

09:10 - 10:05 <i>Pump</i> Sandra

Donnerstag , 07.11

09:10 - 10:05 <i>Functional Workout</i> Lydia	18:45 - 19:40 <i>Pump</i> Janine
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Freitag , 08.11

10:15 - 11:10 <i>Pilates</i> Yvette
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Samstag , 09.11

Sonntag , 10.11

09:10 - 10:05 <i>Upcon</i> Sophie
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