

**Montag , 18.11**

<b>09:10 - 10:05</b> <i>Pump</i> Lydia	<b>10:10 - 10:40</b> <i>P.I.I.T</i> Lydia	<b>18:00 - 18:30</b> <i>P.I.I.T</i> Rahel	<b>18:40 - 19:35</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sara
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**Dienstag , 19.11**

<b>18:00 - 18:55</b> <i>Power Yoga</i> Manuela	<b>19:05 - 19:35</b> <i>Stretching</i> Manuela
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**Mittwoch , 20.11**

<b>09:10 - 10:05</b> <i>Pump</i> Sandra	<b>10:10 - 10:40</b> <i>Simply Core</i> Sandra
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**Donnerstag , 21.11**

<b>09:10 - 10:05</b> <i>Functional Workout</i> Lydia	<b>18:45 - 19:40</b> <i>Pump</i> Janine
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**Freitag , 22.11**

<b>10:15 - 11:10</b> <i>Pilates</i> Yvette
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**Samstag , 23.11**

**Sonntag , 24.11**

<b>09:10 - 10:05</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Sara
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