

Montag , 31.10

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 09:35 <i>Pump i.t.</i> Manu	09:35 - 10:05 <i>P.I.I.T</i> Manu	10:05 - 10:35 <i>Fighttime 30'</i> Manu	12:00 - 12:55 <i>Pump</i> Manu	18:00 - 18:55 <i>Cycling</i> Patrick	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
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Dienstag , 01.11

18:00 - 18:55 <i>Pilates</i> Petra	19:05 - 20:00 <i>Fitboxe</i> Rebecca
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Mittwoch , 02.11

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 10:00 <i>Fitboxe</i> Manu	18:00 - 18:55 <i>Cycling</i> Ruedi	19:05 - 20:00 <i>Pump</i> Erika
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Donnerstag , 03.11

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
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Freitag , 04.11

09:00 - 09:55 <i>Rückengymnastik</i> Manu	10:05 - 11:00 <i>Pump</i> Manu	17:30 - 18:25 <i>Pump</i> Vicky
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Samstag , 05.11

09:00 - 09:30 <i>Pump i.t.</i> Manu	09:35 - 10:05 <i>Fighttime 55'</i> Manu
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Sonntag , 06.11