

**Montag , 07.11**

<b>08:00 - 08:55</b> <i>Pump</i> Manu	<b>09:05 - 09:35</b> <i>Pump i.t.</i> Manu	<b>09:35 - 10:05</b> <i>P.I.I.T</i> Manu	<b>10:05 - 10:35</b> <i>Fighttime 30'</i> Manu	<b>12:00 - 12:55</b> <i>Pump</i> Manu	<b>18:00 - 18:55</b> <i>Cycling</i> Patrick	<b>19:00 - 19:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
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**Dienstag , 08.11**

<b>18:00 - 18:55</b> <i>Pilates</i> Petra	<b>19:05 - 20:00</b> <i>Fitboxe</i> Rebecca
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**Mittwoch , 09.11**

<b>08:00 - 08:55</b> <i>Pump</i> Manu	<b>09:05 - 10:00</b> <i>Fitboxe</i> Manu	<b>18:00 - 18:55</b> <i>Cycling</i> Ruedi	<b>19:05 - 20:00</b> <i>Pump</i> Erika
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**Donnerstag , 10.11**

<b>18:00 - 18:55</b> <i>Pilates</i> Monica	<b>19:00 - 19:55</b> <i>Functional Workout</i> Monica
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**Freitag , 11.11**

<b>09:00 - 09:55</b> <i>Rückengymnastik</i> Manu	<b>10:05 - 11:00</b> <i>Pump</i> Manu	<b>17:30 - 18:25</b> <i>Pump</i> Vicky
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**Samstag , 12.11**

<b>09:00 - 09:55</b> <i>Pilates</i> Vicky
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**Sonntag , 13.11**