

Montag , 19.12

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 , 20.12

18:00 - 18:55 <i>Pilates</i> Petra	19:05 - 20:00 <i>Fitboxe</i> Irene
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Mittwoch , 21.12

08:00 - 08:55 <i>Pump</i> Erika	09:05 - 10:00 <i>Fitboxe</i> Rahel	18:00 - 18:55 <i>Cycling</i> Ruedi	19:00 - 19:55 <i>Pump</i> Erika
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Donnerstag , 22.12

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
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Freitag , 23.12

08:00 - 08:55 <i>Rückengymnastik</i> Monica	09:05 - 10:00 <i>Pump</i> Erika	17:30 - 18:25 <i>Pump</i> Vicky
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Samstag , 24.12

Sonntag , 25.12