

Montag , 06.11

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 10:00 <i>Functional Workout</i> Manu	10:00 - 10:30 <i>Simply Core</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 , 07.11

09:00 - 09:55 <i>Yoga</i> Vicky	19:00 - 19:30 <i>P.I.I.T</i> Carmen
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Mittwoch , 08.11

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 10:00 <i>Fitboxe</i> Manu	10:05 - 11:00 <i>Pilates</i> Manu	18:00 - 18:55 <i>Cycling</i> Ruedi	19:00 - 19:55 <i>Pump</i> Erika
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Donnerstag , 09.11

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
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Freitag , 10.11

08:00 - 08:55 <i>Rückengymnastik</i> Erika	09:05 - 10:00 <i>Pump</i> Erika	17:30 - 18:25 <i>Pump</i> Melanie
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Samstag , 11.11

09:00 - 09:55 <i>P.I.I.T</i> Carmen
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Sonntag , 12.11