

Montag , 04.12

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 , 05.12

09:00 - 09:55 <i>Yoga</i> Jeannette	19:00 - 19:30 <i>P.I.I.T</i> Carmen
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Mittwoch , 06.12

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 , 07.12

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
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Freitag , 08.12

08:00 - 08:55 <i>Rückengymnastik</i> Manu	09:05 - 10:00 <i>Pump</i> Manu	17:30 - 18:25 <i>Pump</i> Melanie
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Samstag , 09.12

09:00 - 09:55 <i>Pump</i> Manu

Sonntag , 10.12

09:00 - 09:55 <i>Cycling</i> Ruedi
