

Montag , 08.07

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	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monica
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Dienstag , 09.07

09:00 - 09:55 <i>Yoga</i> Giobana
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Mittwoch , 10.07

08:00 - 08:55 <i>Pump</i> Manu	09:05 - 10:00 <i>Fitboxe</i> Manu	10:05 - 11:00 <i>Pilates</i> Manu	19:00 - 19:55 <i>Pump</i> Melanie
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Donnerstag , 11.07

18:00 - 18:55 <i>Pilates</i> Monica	19:00 - 19:55 <i>Functional Workout</i> Monica
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Freitag , 12.07

08:00 - 08:55 <i>Rückengymnastik</i> Manu	09:05 - 10:00 <i>Pump</i> Manu
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Samstag , 13.07

Sonntag , 14.07