

### Montag , 09.12

<b>08:00 - 08:55</b> <i>Pump</i> Manu	<b>09:05 - 10:00</b> <i>Functional Workout</i> Manu	<b>10:00 - 10:30</b> <i>Simply Core</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 , 10.12

<b>09:00 - 09:55</b> <i>Yoga</i> Jeannette	<b>19:00 - 19:30</b> <i>P.I.I.T</i> Carmen
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### Mittwoch , 11.12

<b>08:00 - 08:55</b> <i>Pump</i> Manu	<b>09:05 - 10:00</b> <i>Fitboxe</i> Manu	<b>10:05 - 11:00</b> <i>Pilates</i> Manu	<b>18:00 - 18:55</b> <i>Cycling</i> Ruedi	<b>19:00 - 19:55</b> <i>Pump</i> Erika
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### Donnerstag , 12.12

<b>18:00 - 18:55</b> <i>Pilates</i> Monica	<b>19:00 - 19:55</b> <i>Power Yoga</i> Monica
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### Freitag , 13.12

<b>08:00 - 08:55</b> <i>Rückengymnastik</i> Manu	<b>09:05 - 10:00</b> <i>Pump</i> Manu	<b>17:30 - 18:25</b> <i>Pump</i> Melanie
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### Samstag , 14.12

<b>09:00 - 09:55</b> <i>Pump</i> Erika	<b>10:00 - 10:30</b> <i>Simply Core</i> Team
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### Sonntag , 15.12

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