

**Montag , 20.11**

<b>08:00 - 08:55</b> <i>Spiralkraft</i> Monika	<b>09:10 - 10:05</b> <i>Dance Step</i> Christina	<b>09:15 - 09:45</b> <i>Senioren Cycling</i> Irene	<b>18:00 - 18:55</b> <i>Cycling</i> Ralph	<b>18:00 - 18:55</b> <i>Pump</i> Sandra	<b>19:00 - 19:55</b> <i>Kick Power</i> Irene	<b>19:00 - 19:55</b> <i>Cycling</i> Ralph	<b>20:10 - 21:05</b> <i>Pilates</i> Monika
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**Dienstag , 21.11**

<b>09:10 - 09:40</b> <i>P.I.I.T</i> Irene	<b>09:40 - 10:10</b> <i>BBP Special</i> Irene	<b>10:35 - 11:30</b> <i>Rückengym Physio</i> Miriam	<b>18:00 - 18:55</b> <i>Spiralkraft</i> Monika	<b>19:00 - 19:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	<b>20:00 - 20:55</b> <i>Zumba</i> Angela
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**Mittwoch , 22.11**

<b>09:10 - 10:05</b> <i>Zumba</i> Miriam	<b>10:10 - 11:05</b> <i>Pilates</i> Vasiliki	<b>18:00 - 18:55</b> <i>Fitboxe</i> Irene	<b>19:00 - 19:55</b> <i>Cycling</i> Ralph	<b>19:00 - 19:55</b> <i>Pump</i> Irene	<b>20:10 - 21:05</b> <i>Yoga</i> Sandra
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**Donnerstag , 23.11**

<b>09:10 - 10:05</b> <i>Pump</i> Irene	<b>10:20 - 11:15</b> <i>Spiralkraft</i> Monika	<b>18:00 - 18:55</b> <i>Rückengym Physio</i> Miriam	<b>19:00 - 19:30</b> <i>P.I.I.T</i> Vivienne	<b>19:35 - 20:05</b> <i>Simply Core</i> Vivienne	<b>20:10 - 21:05</b> <i>Pilates</i> Monika
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**Freitag , 24.11**

<b>09:10 - 09:40</b> <i>BBP Special</i> Katja	<b>09:50 - 10:45</b> <i>Yoga</i> Katja	<b>19:15 - 20:10</b> <i>Yoga</i> Nina
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**Samstag , 25.11**

**Sonntag , 26.11**

<b>09:00 - 09:55</b> <i>Cycling</i> Martin	<b>10:00 - 10:55</b> <i>Zumba</i> Andrea
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