

Montag , 13.01

08:00 - 08:55 <i>Spiralkraft</i> Monika	09:10 - 10:05 <i>Dance Step</i> Christina	09:15 - 09:45 <i>Senioren Cycling</i> Daniela	18:00 - 18:55 <i>Cycling</i> Ralph	18:00 - 18:55 <i>Pump</i> Sandra	19:00 - 19:55 <i>Kick Power</i> Irene	19:00 - 19:55 <i>Cycling</i> Ralph	20:10 - 21:05 <i>Pilates</i> Monika
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Dienstag , 14.01

09:10 - 09:40 <i>P.I.I.T</i> Irene	09:40 - 10:10 <i>BBP Special</i> Irene	10:35 - 11:30 <i>Rückengym Physio</i> Miriam	18:00 - 18:55 <i>Spiralkraft</i> Monika	19:00 - 19:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	20:00 - 20:55 <i>Zumba</i> Angela
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Mittwoch , 15.01

09:10 - 10:05 <i>Zumba</i> Miriam	10:10 - 11:05 <i>Pilates</i> Vasiliki	18:00 - 18:55 <i>Fitboxe</i> Irene	19:00 - 19:55 <i>Pump</i> Irene	20:10 - 21:05 <i>Yoga</i> Tatjana
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Donnerstag , 16.01

09:10 - 10:05 <i>Pump</i> Claudia	10:20 - 11:15 <i>Spiralkraft</i> Monika	18:00 - 18:55 <i>Rückengym Physio</i> Miriam	18:00 - 18:55 <i>Cycling</i> Mona	19:00 - 19:30 <i>P.I.I.T</i> Vivienne	19:35 - 20:05 <i>Simply Core</i> Vivienne	20:10 - 21:05 <i>Pilates</i> Monika
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Freitag , 17.01

09:15 - 10:10 <i>Yoga</i> Monika	18:00 - 18:55 <i>Zumba</i> Leidy	19:15 - 20:10 <i>Yoga</i> Nina
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Samstag , 18.01

Sonntag , 19.01

09:00 - 09:55 <i>Cycling</i> Nicola	10:00 - 10:55 <i>Zumba</i> Angela
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