

**Montag , 16.12**

<b>09:15 - 10:10</b> <i>Full Body Workout</i> Nicole	<b>10:15 - 11:10</b> <i>Pilates</i> Anna	<b>18:00 - 18:30</b> <i>P.I.I.T</i> Myrta	<b>18:35 - 19:05</b> <i>Simply Core</i> Myrta	<b>20:00 - 20:55</b> <i>Pump</i> Darina
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**Dienstag , 17.12**

<b>09:15 - 10:10</b> <i>Pilates</i> Dominique	<b>19:00 - 19:55</b> <i>Cycling</i> Patrik
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**Mittwoch , 18.12**

<b>09:15 - 09:45</b> <i>Simply Core</i> Romana	<b>09:50 - 10:20</b> <i>P.I.I.T</i> Romana	<b>12:15 - 13:10</b> <i>Pump</i> Darina	<b>19:00 - 19:55</b> <i>Pump</i> Alexandra
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**Donnerstag , 19.12**

<b>09:30 - 10:25</b> <i>Yoga</i> Nadine	<b>18:00 - 18:55</b> <i>Zumba</i> Andrea	<b>18:30 - 19:25</b> <i>Cycling</i> Patrik	<b>19:00 - 19:55</b> <i>Pilates</i> Dominique
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**Freitag , 20.12**

<b>08:15 - 08:45</b> <i>P.I.I.T</i> Dominique	<b>08:50 - 09:20</b> <i>Simply Core</i> Dominique
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**Samstag , 21.12**

**Sonntag , 22.12**