

Montag , 06.01

09:15 - 10:10 <i>Full Body Workout</i> Nicole	18:00 - 18:30 <i>P.I.I.T</i> Myrta	18:35 - 19:05 <i>Simply Core</i> Myrta	20:00 - 20:55 <i>Pump</i> Darina
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Dienstag , 07.01

09:15 - 10:10 <i>Pilates</i> Dominique	19:00 - 19:55 <i>Cycling</i> Patrik
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Mittwoch , 08.01

09:15 - 10:10 <i>Simply Core</i> Romana	09:50 - 10:20 <i>P.I.I.T</i> Romana	12:15 - 13:10 <i>Pump</i> Darina	19:00 - 19:55 <i>Pump</i> Alexandra
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Donnerstag , 09.01

09:15 - 10:10 <i>Yoga</i> Nadine	18:00 - 18:55 <i>Zumba</i> Andrea	18:30 - 19:25 <i>Cycling</i> Patrik	19:00 - 19:55 <i>Pilates</i> Dominique
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Freitag , 10.01

08:15 - 08:45 <i>P.I.I.T</i> Dominique	08:50 - 09:20 <i>Simply Core</i> Dominique
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Samstag , 11.01

Sonntag , 12.01