

Montag , 10.10

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|---------------------------------------------|----------------------------------------------------|-----------------------------------------------|------------------------------------------------|
| 08:30 - 09:25 <i>Yoga</i> Lisa | 09:45 - 10:40 <i>Pilates</i> Vivienne | 18:20 - 19:15 <i>Pump</i> Marlis | 19:30 - 20:25 <i>Yoga</i> Seraina |
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Dienstag , 11.10

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| 09:10 - 10:05 <i>MC (Mental Centering)</i> Matthias | 18:10 - 18:40 <i>P.I.I.T</i> Janina | 18:50 - 19:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Renata |
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Mittwoch , 12.10

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| 08:00 - 08:55 <i>Pilates</i> Sarah | 09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Vivienne | 18:50 - 19:45 <i>Dance Aerobic / Dance Mix</i> Monika | 20:00 - 20:55 <i>Yoga</i> Silvana |
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Donnerstag , 13.10

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| 08:30 - 09:25 <i>Rückengymnastik</i> Eva | 09:35 - 10:30 <i>Pilates</i> Eva | 19:10 - 20:05 <i>Fighttime</i> Maria |
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Freitag , 14.10

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| 09:00 - 09:55 <i>Pump</i> Katja | 10:05 - 11:00 <i>Yoga</i> Seraina |
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Samstag , 15.10

Sonntag , 16.10