

Montag , 04.12

08:30 - 09:25 <i>Yoga</i> Lisa	09:45 - 10:40 <i>Pilates</i> Monika	18:20 - 19:15 <i>Pump</i> Marlis	19:30 - 20:25 <i>Yoga</i> Seraina
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Dienstag , 05.12

09:10 - 10:05 <i>MC (Mental Centering)</i> Matthias	18:05 - 18:35 <i>P.I.I.T</i> Ajla	18:50 - 19:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Renata
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Mittwoch , 06.12

08:00 - 08:55 <i>Pilates</i> Monika	09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	18:50 - 19:45 <i>Dance Aerobic / Dance Mix</i> Patrick Juvet	20:00 - 20:55 <i>Yoga</i> Silvana
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Donnerstag , 07.12

08:30 - 09:25 <i>Rückengymnastik</i> Liz	09:35 - 10:30 <i>Pump</i> Adriana
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Freitag , 08.12

09:00 - 09:55 <i>Pump</i> Vicky	10:05 - 11:00 <i>Yoga</i> Michaela
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Samstag , 09.12

Sonntag , 10.12