

Montag , 08.01

08:30 - 09:25 Yoga Lisa	09:45 - 10:40 Pilates Monika	18:20 - 19:15 Pump Marlis	19:30 - 20:25 Yoga Seraina
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Dienstag , 09.01

09:10 - 10:05 MC (Mental Centering) Matthias	18:05 - 18:35 P.I.I.T Ajla	18:50 - 19:45 BBP (Bauch, Beine, Po) / Bodytone Renata
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Mittwoch , 10.01

08:00 - 08:55 Pilates Monika	09:00 - 09:55 BBP (Bauch, Beine, Po) / Bodytone Monika	18:50 - 19:45 Dance Aerobic / Dance Mix Patrick Juvet	20:00 - 20:55 Yoga Silvana
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Donnerstag , 11.01

08:30 - 09:25 Rückengymnastik Liz	09:35 - 10:30 Pump Adriana
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Freitag , 12.01

09:00 - 09:55 Pump Ajla	10:05 - 11:00 Yoga Michaela
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Samstag , 13.01

Sonntag , 14.01