

Montag , 05.08

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>Pilates</i> Ajla
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Dienstag , 06.08

09:10 - 10:05 <i>MC (Mental Centering)</i> Matthias	18:40 - 19:35 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jasmin
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Mittwoch , 07.08

08:00 - 08:55 <i>Pilates</i> Monika	09:00 - 09:55 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	20:00 - 20:55 <i>Yoga</i> Silvana
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Donnerstag , 08.08

08:30 - 09:25 <i>Rückengymnastik</i> Liz	09:35 - 10:30 <i>Pump</i> Adriana	19:00 - 19:55 <i>Bodybalance</i> Daniela
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Freitag , 09.08

09:00 - 09:55 <i>Pump</i> Ajla	10:05 - 11:00 <i>Yoga</i> Liliya
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Samstag , 10.08

Sonntag , 11.08