

**Montag , 30.09**

<b>08:30 - 09:25</b> <i>Yoga</i> Lisa	<b>09:45 - 10:40</b> <i>Pilates</i> Monika	<b>18:20 - 19:15</b> <i>Pump</i> Marlis	<b>19:30 - 20:25</b> <i>Pilates</i> Ajla
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**Dienstag , 01.10**

<b>09:10 - 10:05</b> <i>MC (Mental Centering)</i> Matthias	<b>18:40 - 19:35</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Renata
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**Mittwoch , 02.10**

<b>08:00 - 08:55</b> <i>Pilates</i> Monika	<b>09:00 - 09:55</b> <i>BBP (Bauch, Beine, Po) / Bodytone</i> Monika	<b>18:50 - 19:45</b> <i>Dance Aerobic / Dance Mix</i> Patrick Juvet	<b>20:00 - 20:55</b> <i>Yoga</i> Silvana
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**Donnerstag , 03.10**

<b>08:30 - 09:25</b> <i>Rückengymnastik</i> Liz	<b>09:35 - 10:30</b> <i>Pump</i> Nicole	<b>19:00 - 19:55</b> <i>Bodybalance</i> Ruth
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**Freitag , 04.10**

<b>09:00 - 09:55</b> <i>Pump</i> Ajla	<b>10:05 - 11:00</b> <i>Yoga</i> Nadine
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**Samstag , 05.10**

**Sonntag , 06.10**