

**Montag , 28.10**

<b>08:30 - 09:25</b> Yoga Lisa	<b>09:45 - 10:40</b> Pilates Monika	<b>18:20 - 19:15</b> Pump Marlis	<b>19:30 - 20:25</b> Pilates Ajla
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**Dienstag , 29.10**

<b>09:10 - 10:05</b> MC (Mental Centering) Matthias	<b>18:40 - 19:35</b> BBP (Bauch, Beine, Po) / Bodytone Renata
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**Mittwoch , 30.10**

<b>08:00 - 08:55</b> Pilates Monika	<b>09:00 - 09:55</b> BBP (Bauch, Beine, Po) / Bodytone Monika	<b>18:50 - 19:45</b> Dance Aerobic / Dance Mix Patrick Juvet	<b>20:00 - 20:55</b> Yoga Silvana
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**Donnerstag , 31.10**

<b>08:30 - 09:25</b> Rückengymnastik Liz	<b>09:35 - 10:30</b> Pump Adriana	<b>19:00 - 19:55</b> Bodybalance Ruth
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**Freitag , 01.11**

**Samstag , 02.11**

**Sonntag , 03.11**