

Montag , 15.04

09:00 - 09:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jordane	12:00 - 12:45 <i>Pump</i> Jordane	18:15 - 19:10 <i>Cycling</i> Martina	19:15 - 20:00 <i>Core Training</i> Carlos
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Dienstag , 16.04

09:00 - 09:55 <i>Yoga</i> Natalia	12:00 - 12:50 <i>Cycling</i> Luigia	18:15 - 19:10 <i>Pump</i> Coralie	19:15 - 20:10 <i>Zumba</i> Jeanne-Fleur
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Mittwoch , 17.04

09:00 - 09:55 <i>Pilates</i> Natalia	12:00 - 12:45 <i>BBP (Bauch, Beine, Po) / Bodytone</i> Jordane	18:15 - 19:10 <i>Urban Dance</i> Florence	19:15 - 20:10 <i>Cycling</i> Carlos
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Donnerstag , 18.04

09:00 - 09:55 <i>Full Body Workout</i> Carlos	12:00 - 12:45 <i>Step'n Tone</i> Svetlana	18:15 - 19:10 <i>Interval Training</i> Jordane
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Freitag , 19.04

09:00 - 09:55 <i>Yoga</i> Natalia	12:00 - 12:55 <i>TRX</i> Carlos	18:00 - 18:45 <i>Pump</i> Carlos
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Samstag , 20.04

Sonntag , 21.04

09:30 - 10:15 <i>Pump</i> Team
