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|---------------|--------------------|---------------|---------------|
| <b>Montag</b> | Bodytoning         | Jacqueline N. | 11.15 - 12.10 |
|               | Intervall Training | Mario N.      | 12.15 - 13.10 |
|               | BODYPUMP®          | Martin B.     | 17.00 - 17.55 |
|               | Dance              | Mario N.      | 18.00 - 18.55 |
|               | Bodytoning         | Mario N.      | 19.00 - 19.55 |
|               | BODYPUMP®          | Kiran M.      | 20.00 - 20.55 |

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| <b>Dienstag</b> | Pilates      | Peter B.. | 09.30 - 10.25 |
|                 | M.A.X.®      | Mario N.  | 11.45 - 12.10 |
|                 | Coretraining | Mario N.. | 12.10 - 12.40 |
|                 | Stretching   | Mario N.  | 12.45 - 13.10 |
|                 | Dance        | Pedro G.  | 18.00 - 18.55 |
|                 | Yoga         | Tanja S.  | 19:00 - 20.15 |

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| <b>Mittwoch</b> | Bodytoning  | Paulo A.    | 09.30 - 10.25 |
|                 | BODYPUMP®   | Morena C.   | 11.15 - 12.10 |
|                 | BODYPUMP®   | Michaela G. | 12.15 - 13.10 |
|                 | Pilates     | Eva G.      | 17.00 - 17.55 |
|                 | Step        | Oliver C.   | 18.00 - 18.55 |
|                 | BODYATTACK® | Livia H.    | 19.00 - 19.55 |
|                 | BODYPUMP®   | Paulo A.    | 20.00 - 20.55 |

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| <b>Donnerstag</b> | BODYPUMP®    | Team          | 07.00 - 07.55 |
|                   | Pilates      | Sabine F.     | 09.30 - 10.25 |
|                   | M.A.X.®      | Paulo A.      | 11.15 - 11.40 |
|                   | Coretraining | Paulo A.      | 11:45 - 12.10 |
|                   | Power Yoga   | Jacqueline N. | 12.15 - 13.10 |
|                   | BODYPUMP®    | Paulo A.      | 17.30 - 18.25 |
|                   | Coretraining | Paulo A.      | 18.30 - 18.55 |
|                   | TosoX®       | Stefanie W.   | 19.00 - 19.55 |

|                |                         |                     |               |
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| <b>Freitag</b> | Bodytoning 80`s Style   | Regula K.           | 09.30 - 10.25 |
|                | Bodytoning Latin Flow   | Maria Elena M.      | 11.15 - 12.10 |
|                | ZUMBA® goes Red         | Rebeca G.           | 12.15 - 13.10 |
|                | BODYATTACK® together    | Markus P./Simone H. | 18.00 - 18.55 |
|                | BODYPUMP® the dark Side | Regula K.           | 19.00 - 19.55 |

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| <b>Samstag</b> | BODYPUMP® at it`s best       | Raphael D. | 09.30 - 10.25 |
|                | ToSoX® Challenge             | Raphael D. | 10.45 - 11.40 |
|                | ZUMBA® Black and White       | Pascal M.  | 12.15 - 13.10 |
|                | M.A.X.® and Sweat            | Wan Soo Y. | 15.00 - 15.25 |
|                | Coretraining extra strong    | Wan Soo Y. | 15.30 - 15.55 |
|                | BODYPUMP® Oldies but Goldies | Wan Soo Y. | 16.00 - 16.55 |

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| <b>Sonntag</b> | BODYATTACK® Team Spirit           | Karin S./Jonah A. | 09:45 - 10:40 |
|                | BODYPUMP® Favourite Tracks        | Morena C.         | 11.00 - 11.55 |
|                | Coretraining goes Plank Challenge | Morena C.         | 12.05 - 12.30 |

### Aktuelles Kursprogramm online



### Betreutes Kinderparadies (Kinder bis zum 9. Geburtstag)

|                            |               |
|----------------------------|---------------|
| <b>Montag bis Freitag:</b> | 09:00 - 11:00 |
| <b>Samstag:</b>            | 09:15 - 12:15 |
| <b>Sonntag:</b>            | 09:15 - 12:45 |