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| --- | --- | --- | --- | --- |
| Uhrzeit | Montag | Dienstag | Mittwoch | Donnerstag |
| 09:00 - 10:30 |  |  | Rückenyoga |  |
| 17:15 - 18:45 |  |  |  | Anfänger |
| 18:30 - 20:00 | Anfänger |  |  | Anfänger |