

Indoorcycling

Januar

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|----------------|------------|----------|------------|----------|------------|---------------|------------|----------------|------------|---------|------------|
| Montag | 30.12.2024 | Dienstag | 31.12.2024 | Mittwoch | 01.01.2025 | Donnerstag | 02.01.2025 | Freitag | 03.01.2025 | Samstag | 04.01.2025 |
| 09:30h | Ulf | | | | | | | 09:30h | Martje | | |
| 0160-188 5664 | | | | | | | | 0151-750 36874 | | | |
| 18:45h | Hans | 18:45h | Sylvester | 18:45h | Neujahr | 18:45h | Berndt | 17:00h | Levke | | |
| 0176-625 72128 | | | | | | 0170-5248 740 | | 0157-542 61656 | | | |

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|-----------------|------------|---------------|------------|----------------|------------|---------------|------------|----------------|------------|---------|------------|
| Montag | 06.01.2025 | Dienstag | 07.01.2025 | Mittwoch | 08.01.2025 | Donnerstag | 09.01.2025 | Freitag | 10.01.2025 | Samstag | 11.01.2025 |
| 09:30h | Claus | | | | | | | 09.30h | Martje | | |
| 0176- 457 48618 | | | | | | | | 0151-750 36874 | | | |
| 18:45h | Hans | 18:45h | Berndt | 18:45h | Levke | 18:45h | Berndt | 17:00h | Melanie | | |
| 0176-625 72128 | | 0170-5248 740 | | 0157-542 61656 | | 0170-5248 740 | | 0151-705 44335 | | | |

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| Montag | 13.01.2025 | Dienstag | 14.01.2025 | Mittwoch | 15.01.2025 | Donnerstag | 16.01.2025 | Freitag | 17.01.2025 | Samstag | 18.01.2025 |
| 09:30h | Melanie | | | | | | | 09.30h | Claus | | |
| 0151-705 44335 | | | | | | | | 0176- 457 48618 | | 15:00h | |
| 18:45h | Hans | 18:45h | Berndt | 18:45h | Melanie | 18:45h | Berndt | 17:00h | Levke | | |
| 0176-625 72128 | | 0170-5248 740 | | 0151-705 44335 | | 0170-5248 740 | | 0157-542 61656 | | 3h Marathon | |

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| Montag | 20.01.2025 | Dienstag | 21.01.2025 | Mittwoch | 22.01.2025 | Donnerstag | 23.01.2025 | Freitag | 24.01.2025 | Samstag | 25.01.2025 |
| 09:30h | Claus | | | | | | | 09.30h | Martje | | |
| 0176- 457 48618 | | | | | | | | 0151-750 36874 | | | |
| 18:45h | Hans | 18:30h | Berndt | 18:45h | Melanie | 18:45h | Berndt | 17:00h | Melanie | | |
| 0176-625 72128 | | 0170-5248 740 | | 0151-705 44335 | | 0170-5248 740 | | 0151-705 44335 | | | |

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| Montag | 27.01.2025 | Dienstag | 28.01.2025 | Mittwoch | 29.01.2025 | Donnerstag | 30.01.2025 | Freitag | 31.01.2025 | Samstag | 01.02.2025 |
| 09:30h | Claus | | | | | | | 09.30h | Martje | | |
| 0176- 457 48618 | | | | | | | | 0151-750 36874 | | | |
| 18:45h | Hans | 18:45h | Berndt | 18:45h | Levke | 18:45h | Berndt | 17:00h | Levke | | |
| 0176-625 72128 | | 0170-5248 740 | | 0157-542 61656 | | 0170-5248 740 | | 0157-542 61656 | | | |