

# KURSPLAN

## FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
AEROBICRAUM	AEROBICRAUM	AEROBICRAUM	AEROBICRAUM	AEROBICRAUM	AEROBICRAUM	AEROBICRAUM
<b>CROSS-WORKOUT</b> 18:30 – 19:30	<b>FUNKTIONS-TRAINING</b> 18:00 – 19:00	<b>BODY SHAPE</b> 18:00 – 19:00	<b>FUNKTION-STRAINING</b> 18:00 – 19:00	<b>WSG</b> 9:30 – 11:00 <i>Boris</i>	<b>KUNDALINI YOGA</b> 10:30 – 12:00	<b>WSG</b> 10:00 – 11:00
	<b>PILATES</b> 19:00 – 20:00	<b>YOGILATES</b> 19:00 – 20:00		<b>CROSS-WORKOUT</b> 18:00 – 19:00 <i>Ab Januar 2019</i>		
	<b>WSG</b> 20:00 – 21:00 <i>14-tägig</i>					
INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING	INDOOR-CYCLING
<b>CYCLING 2</b> 17:30 – 18:30	<b>CYCLING 2</b> 18:30 – 19:30	<b>CYCLING 2</b> 18:00 – 19:00	<b>CYCLING 3</b> 19:30 – 20:30			

AB 1.11.2018