

KURSPLAN

FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
CYCLING 17:30 – 18:30	FUNKTIONS- TRAINING 18:00 – 19:00	CYCLING 18:00 – 19:00	FUNKTIONS- TRAINING 18:00 – 19:00	WSG 9:30 – 11:00		WSG 10:00 – 11:00
CYCLING 18:30 – 19:30	CYCLING 18:30 – 19:30	BODY SHAPE 18:00 – 19:00	FASZIEN- TRAINING 19:00 – 20:00	CROSS- WORKOUT 18:00 – 19:00		
CROSS- WORKOUT 18:30 – 19:30	PILATES 19:00 – 20:00	CYCLING 19:00 – 20:00	CYCLING 19:30 – 20:30			
	WSG 20:00 – 21:00 14-tägig	YOGILATES 19:00 – 20:00				
		FUNCTIONAL TRAINING Funtional Area 19:00 – 20:00 <i>Anmeldung im Fitness-Studio</i>				

AB 02.1.2019