

KURSPLAN

FITNESS-STUDIO

| MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | SONNTAG |
|---------------------------------------|--|------------------------------------|--|---------------------------------------|---|-----------------------------|
| | FUNKTIONS-TRAINING 18:00 – 19:00 | | | WSG 9:30 – 11:00 | | WSG 10:00 – 11:00 |
| CYCLING 17:30 – 18:30 | CYCLING 18:30 – 19:30 | CYCLING 18:00 – 19:00 | FUNKTIONS-TRAINING 18:00 – 19:00 | CROSS-WORKOUT 18:00 – 19:00 | | |
| CROSS-WORKOUT 18:30 – 19:30 | PILATES 19:00 – 20:00 | BODY SHAPE 18:00 – 19:00 | FASZIEN-TRAINING 19:00 – 20:00 | | <p><i>das geheimnis des erfolges ist</i></p> <p>ANZUFANGEN</p> <p>MARK TWAIN</p> | |
| | WSG 20:00 – 21:00 <i>14-tägig, Info im Studio</i> | YOGILATES 19:00 – 20:00 | | | | |
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AB 01.06.2019