

KURSPLAN

FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	FUNKTIONS-TRAINING 18:00 – 19:00 <i>Alina</i>			WSG 9:30 – 11:00 <i>Boris</i>		WSG 10:00 – 11:00 <i>Boris</i>
CYCLING 17:30 – 18:30 <i>Tina</i>	CYCLING 18:30 – 19:30 <i>Susanne</i>	CYCLING 18:00 – 19:00 <i>Claudia</i>	FUNKTIONS-TRAINING 18:00 – 19:00 <i>Lea</i>	CROSS-WORKOUT 18:00 – 19:00 <i>Annelie</i>		
CROSS-WORKOUT 18:30 – 19:30 <i>Annelie</i>	PILATES 19:00 – 20:00 <i>Alina</i>	BODY SHAPE 18:00 – 19:00 <i>Alina</i>	FASZIEN-TRAINING 19:00 – 20:00 <i>Lea</i>		<i>das geheimnis des erfolges ist</i> ANZUFANGEN MARK TWAIN	
		YOGILATES 19:00 – 20:00 <i>Alina</i>				

AB 01.10.2019