

KURSPLAN

FITNESS-STUDIO

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

AB 04.11.2019