

KURSPLAN

FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
MOBILITY 18:00 – 18:30 Lea	FUNKTIONS- TRAINING 18:00 – 19:00 Alina	CYCLING 19:00 – 20:00 Claudia	FUNKTIONS- TRAINING 18:00 – 19:00 Lea	WSG 9:30 – 11:00 Boris		WSG (14-TÄGIG) 10:00 – 11:00 Boris
STARKE MITTE 18:30 – 19:00 Lea	CYCLING 18:30 – 19:30 Susanne	BODY SHAPE 18:00 – 19:00 Alina	FASZIEN- TRAINING 19:00 – 20:00 Lea	CROSS- WORKOUT 18:00 – 19:00 Annelie		FUNCTIONAL FITNESS 11:00 – 12:00 Luca
CYCLING 18:30 – 19:30 Tina	PILATES 19:00 – 20:00 Alina	YOGILATES 19:00 – 20:00 Alina				FUNCTIONAL FITNESS 12:15 – 13:15 Luca
CROSS- WORKOUT 19:00 – 20:00 Lea					<div style="text-align: center;"> <p><i>das geheimnis des erfolges ist</i></p> <p>ANZUFANGEN</p> <p>MARK TWAIN</p> </div>	

AB 01.03.2020

+ Kurs für Senioren geeignet