

**KURSPLAN**

**FITNESS-STUDIO**

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		<b>YOGA</b> 09:30 – 11:00 <i>Birgit</i>		<b>WSG</b> 09:30 – 11:00 <i>Boris</i>		
<b>INDOOR CYCLING</b> 17:30 – 18:30	<b>BBP + PILATES</b> 17:30 – 18:30 <i>Lea</i>	<b>BODY-WORKOUT</b> 17:30 – 18:30	<b>FUNKTIONS-TRAINING</b> 17:30 – 18:30			
<b>FUNKTIONS-TRAINING</b> 17:30 – 18:30	<b>INDOOR CYCLING</b> 18:30 – 19:30		<b>FASZIEN-TRAINING</b> 18:30 – 19:30			
<b>CROSS WORKOUT</b> 18:30 – 19:30						
<b>INDOOR CYCLING</b> 18:30 – 19:30	<b>INDOOR CYCLING</b> 19:30 – 20:30	<b>PILATES</b> 19:30 – 20:30 <i>Alina</i>				

*das geheimnis  
des erfolges ist*

**ANZUFANGEN**

MARK TWAIN

**AB 01. JAN 2022**