

KURSPLAN

FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
		YOGA 09:30 – 11:00 <i>Birgit</i>		WSG 09:30 – 11:00 <i>Boris</i>		
INDOOR CYCLING 17:30 – 18:30 <i>Tina</i>	BBP + PILATES 17:30 – 18:30 <i>Leah</i>	BODY-WORKOUT 17:30 – 18:30 <i>Mario</i>	FUNKTIONS-TRAINING 17:30 – 18:30 <i>Lea</i>			
FUNKTIONS-TRAINING 17:30 – 18:30 <i>Mario</i>	INDOOR CYCLING 18:30 – 19:30 <i>Susanne</i>		FASZIEN-TRAINING 18:30 – 19:30 <i>Lea</i>			
CROSS WORKOUT 18:30 – 19:30 <i>Mario</i>					<i>das geheimnis des erfolges ist</i> ANZUFANGEN MARK TWAIN	
INDOOR CYCLING 18:30 – 19:30 <i>Tina</i>	INDOOR CYCLING 19:30 – 20:30 <i>Susanne</i>	PILATES 19:30 – 20:30 <i>Alina</i>				

AB 01. JAN 2022