

# KURSPLAN

## FITNESS-STUDIO

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

*das geheimnis  
des erfolges ist*

**ANZUFANGEN**

MARK TWAIN

**AB 14. MÄRZ 2022**