

# 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>CROSS-WORKOUT</b> 17:30 - 18:30 <i>Mario</i>	<b>FUNKTIONS-TRAINING</b> 17:30 - 18:30 <i>Lea</i>			
<b>HIFT</b> 17:30 - 18:30 <i>Mario</i>	<b>INDOOR CYCLING</b> 18:30 - 19:30 <i>Susanne</i>	<b>CROSS-WORKOUT</b> 18:30 - 19:30 <i>Mario</i>	<b>FASZIEN-TRAINING</b> 18:30 - 19:30 <i>Lea</i>			
<b>HIFT</b> 18:30 - 19:30 <i>Mario</i>	<b>PILATES</b> 18:30 - 19:30 <i>Alina</i>				<i>das geheimnis des erfolges ist</i> <b>ANZUFANGEN</b> MARK TWAIN	

AB 19.09.2022