

**KURSPLAN****FITNESS-STUDIO**

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

**AB 01.11.2022**