

## KURSPLAN

# FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<b>HIFT</b> 17:30 – 18:30 Mario		<b>FIT BOX</b> 17:30 – 18:30 Kostja		<b>WSG</b> 09:30 – 11:00 Boris		
<b>INDOOR CYCLING</b> 17:30 – 18:30 Stina	<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 Lea	<b>HYROX</b> 17:30 – 19:00 Christina		
		<b>INDOOR CYCLING</b> 17:30 – 18:30 Tina				
<b>INDOOR CYCLING</b> 18:30 – 19:30 Stina	<b>INDOOR CYCLING</b> 18:30 – 19:30 Susanne		<b>FASZIEN-TRAINING</b> 18:30 – 19:30 Lea	<b>BODYWORK-OUT</b> 18:00 – 19:00 Michael	das geheimnis des erfolges <b>ANZUFANGEN</b> MARK TWAIN	
<b>HIFT</b> 18:30 – 19:30 Mario	<b>PILATES</b> 18:30 – 19:30 Leah	<b>CROSS-WORKOUT</b> 18:30 – 19:30 Mario	<b>WSG</b> 19:45 – 20:45 Boris	<b>INDOOR CYCLING</b> 19:15 – 20:15 Michael		

Mehr Infos unter: [www.n-flow.de](http://www.n-flow.de)

AB 01.11.2023