

KURSPLAN

FITNESS-STUDIO

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

Mehr Infos unter: www.n-flow.de

AB 01.12.2023