

**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>HYROX smart</b> 17:30 – 18:30 Mario		<b>FIT BOX</b> 17:30 – 18:30 Kostja		<b>WSG</b> 09:30 – 11:00 Boris <small>Jeden 1sten Fr. im Monat von 9:30 – 11:30 Uhr</small>		
<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 endurance</b> 17:30 – 19:30 Christina		
		<b>INDOOR CYCLING</b> 17:30 – 18:30 Tina				
<b>INDOOR CYCLING</b> 17:30 – 18:30 Stina	<b>INDOOR CYCLING</b> 18:30 – 19:30 Susanne		<b>FASZIEN-TRAINING</b> 18:30 – 19:30 Lea	<b>BODY-WORKOUT</b> 18:00 – 19:00 Michael	<i>das geheimnis des erfolges ist</i> <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		

**AB 01.02.2024**