

KURSPLAN

FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
HYROX smart 17:30 – 18:30 Mario		FIT BOX 17:30 – 18:30 Kostja		WSG 09:30 – 11:00 Boris <small>Jeden 1sten Fr. im Monat von 9:30 – 11:30 Uhr</small>		
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 endurance 17:30 – 19:00 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		<i>das geheimnis des erfolges ist</i> ANZUFANGEN MARK TWAIN	
HYROXsmart 18:30 – 19:30 Mario	PILATES 18:30 – 19:30 Leah	CROSS-WORKOUT 18:30 – 19:30 Mario	WSG 19:45 – 20:45 Boris			

AB 01.05.2024