

## KURSPLAN

# FITNESS-STUDIO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<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>BBP</b> 17:30 – 18:30 Leah	<b>CROSS-WORKOUT</b> 17:30 – 18:30 Mario	<b>INDOOR CYCLING</b> 17:30 – 18:30 Stina	<b>HYROX endurance</b> 17:30 – 19:00 Christina		
			<b>FATBURN</b> 17:30 – 18:30 Alina			
<b>FIT-BOX</b> 18:30 – 19:30 Kostja	<b>INDOOR CYCLING</b> 18:30 – 19:30 Susanne		<b>PILATES</b> 18:30 – 19:30 Alina		<i>das geheimnis                      des erfolges ist</i> <b>ANZUFANGEN</b> MARK TWAIN	
<b>HYROXsmart</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			

AB 24.09.2024