

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>		
	BBP 17:30 – 18:30 Leah	CROSS- WORKOUT 17:30 – 18:30 Mario	INDOOR CYCLING 17:00 – 18:00 Stina	HYROX endurance 17:30 – 19:00 Christina		
			FATBURN 17:30 – 18:30 Alina			
FIT-BOX 18:30 – 19:30 Kostja	INDOOR CYCLING 18:30 – 19:30 Susanne		PILATES 18:30 – 19:30 Alina		<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 01.11.2024