

KURSPLAN

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Sonntag

		09:30 Indoorcycling		09:30 Indoorcycling	
		10:30 Flexx Training			
17:00 HYROX					16:15 HYROX
18:00 Indoorcycling		18:00 Zumba		17:00 Easy HYROX	17:30 HYROX
18:00 Full Body Workout	18:00 Indoorcycling	18:00 Indoorcycling	18:00 Jumping	18:00 Pilates Mix	
18:00 Jumping	18:30 HYROX	18:00 HYROX	19:00 Intense Stretch		
19:00 Aerial Yoga	19:00 Latino Dance		19:15 Indoorcycling		