

KURSPLAN

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Sonntag

		09:30 Indoorcycling		09:30 Indoorcycling	
		10:30 Bauchkiller			
17:00 HYROX		17:00 Aerial Yoga		16:00 Indoorcycling	16:15 HYROX
18:00 Full Body Workout		18:00 Zumba		17:00 Easy HYROX	17:30 HYROX
18:00 Indoorcycling	18:00 Indoorcycling	18:00 Indoorcycling	18:15 Jumping	17:00 American Line Dance (Bis einschließlich 22.05.)	
19:00 Jumping	18:30 HYROX	19:00 Indoorcycling	19:15 Intense Stretch	18:00 Pilates Mix	
	19:00 Latino Dance	19:00 HYROX	19:15 Indoorcycling		