

STEFANICS.

DAS SPORTSTUDIO

GROUP FITNESS KURSE

MONTAG	17:30	CORE INTENSIVE (30 MIN)	NEU	MIRIAM	ROOM 1
	18:00	SQUAT SESSION (30MIN)	NEU	MIRIAM	ROOM 1
	18:30	DEEPWORK		TONI	ROOM 1
DIENSTAG	09:30	BODYART BEST AGE		NADINE	ROOM 1
	17:30	BODY STYLING		ANKE	ROOM 1
	18:30	POWER YOGA		ANKE	ROOM 1
	19:45	MUSCLE WORKOUT		BEATE	ROOM 1
MITTWOCH	17:45	INDOOR CYCLING		ANDREA	ROOM 2
	18:30	TRX WORKOUT (45MIN)	NEU	MATTHIAS	ROOM 1
	19:30	BODYART BASIC		BARBARA	ROOM 1
DONNERSTAG	09:30	RÜCKEN FIT		LUKASZ	ROOM 1
	18:00	YOGA		LEANNE	ROOM 2
	18:30	DEEPWORK	NEU	REMO	ROOM 1
	19:30	BODYART STRENGTH	NEU	REMO	ROOM 1
FREITAG	09:30	TRX WORKOUT (45MIN)		REMO	ROOM 1
	10:15	BODYART YIN YANG		REMO	ROOM 1
	17:30	BODY STYLING		ROBERT	ROOM 1
SONNTAG	10:30	INDOOR CYCLING		ANDREA / NADINE	ROOM 2