

STEFANICS.

DAS SPORTSTUDIO

GROUP FITNESS KURSE

MONTAG	19:00 DEEPWORK		TONI	ROOM 1
DIENSTAG	09:30 BODYART BEST AGE		NADINE	ROOM 1
	18:00 POWER YOGA		ANKE	ROOM 1
	19:30 MUSCLE WORKOUT		BEATE	ROOM 1
MITTWOCH	17:45 INDOOR CYCLING		ANDREA	ROOM 2
	18:30 TRX WORKOUT (45MIN)	NEU	MATTHIAS	ROOM 1
	19:30 BODY PUMP	NEU	MATTHIAS	ROOM 1
DONNERSTAG	09:30 RÜCKEN FIT		LUKASZ	ROOM 1
	18:00 YOGA		LEANNE	ROOM 2
	18:00 DEEPWORK		REMO	ROOM 1
	19:00 BODYART		REMO	ROOM 1
FREITAG	09:30 TRX WORKOUT (45MIN)		REMO	ROOM 1
	10:15 BODYART		REMO	ROOM 1
	17.30 BODY STYLING		ROBERT	ROOM 1