

# STEFANICS.

## DAS SPORTSTUDIO

### GROUP FITNESS KURSE

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