

STEFANICS.

DAS SPORTSTUDIO

Kursprogramm

Montag	19:00 - 20:00 DeepWork 19:40 - 20:40 Indoor Cycling 20:00 - 21:00 BodyART
Dienstag	09:30 -10:15 Rücken Fit 17:15 - 18:15 Body Styling 18:15 - 19:15 Power Yoga 19:15 - 20:15 Muscle Workout
Mittwoch	17:45 - 18:45 Indoor Cycling 18:30 - 19:30 DeepWork 19:30 - 20:30 BodyART
Donnerstag	09:30 - 10:15 Rücken Fit 18:00 - 19:00 Yoga 18:30 - 19: 30 TRX 19:30 - 20:30 Fightingt Fit
Freitag	09:30 - 10:15 TRX 10:15 - 11:15 BodyART 17:30 - 18:30 Body Styling
Sonntag	10:30 - 11:30 Indoor Cycling