

STEFANICS.

DAS SPORTSTUDIO

GROUP FITNESS KURSE

MONTAG	18:30 DEEPWORK	TONI	
DIENSTAG	09:30 BODYART BEST AGE	NADINE	
	17:30 BODY STYLING	ANKE	
	18:30 POWER YOGA	ANKE	
	19:45 MUSCLE WORKOUT	BEATE	
MITTWOCH	17:45 INDOOR CYCLING	ANDREA	ROOM 2
	19:30 BODYART BASIC	BARBARA	
DONNERSTAG	09:30 RÜCKEN FIT	LUKASZ	
	18:00 YOGA	LEANNE	ROOM 2
	18:30 DEEPWORK MEETS BODYART (90MIN)	REMO	
FREITAG	09:30 TRX WORKOUT (45MIN)	REMO	
	10:15 BODYART YIN YANG	REMO	
	17.30 BODY STYLING	ROBERT	
SONNTAG	10:30 INDOOR CYCLING	ANDREA / NADINE	ROOM 2