

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
MITTWOCH	17:45 INDOOR CYCLING	ANDREA	ROOM 2
	18:30 TRX WORKOUT (45MIN)	MATTHIAS	ROOM 1
	19:30 BODY PUMP	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
	10:30 BODYART	REMO	ROOM 1