

ÖMONTAG

09:00	BALANCE 55+	Eder	AB JANUAR '23
18:25	CORE PERFORMANCE	Corinne	AB 24. OKTOBER
19:25	INDOOR CYCLING	Corsin	AB 24. OKTOBER

DIENSTAG

06:30	FUNKTIONAL TRAINING	Eder	
09:00	MY BODY AND ME	Gina	
18:25	INDOOR CYCLING	Raphael	AB 25. OKTOBER
19:30	TAE BO / BBP	Marco	

MITTWOCH

18:25	INDOOR CYCLING	Eder	
19:30	BLACK ROLL / FLEX	Corinne	

DONNERSTAG

06:30	FUNKTIONAL TRAINING	Eder	
09:00	INDOOR CYCLING / BALANCE	Eder	AB 27. OKTOBER
12:15	BALANCE	Eder	AB 03. NOVEMBER
18:25	JUMPING FIT	Corinne	

FREITAG

09:00	RÜCKENTRAINING	Andrea	
12:15	INDOOR CYCLING	Virtual	AB 04. NOVEMBER
17:00	INDOOR CYCLING	Virtual	AB 04. NOVEMBER

SAMSTAG

09:00	INDOOR CYCLING	Team / Virtual	AB 05. NOVEMBER
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