

MONTAG

09:00	INDOOR CYCLING	Eder	
18:25	FUNCTIONAL TRAINING	Patrik	
19:25	INDOOR CYCLING	Corsin	AB OKTOBER '23

DIENSTAG

06:30	FUNKTIONAL TRAINING	Eder	
09:00	RÜCKEN GYM / BLACK ROLL	Andrea	AB 15. AUGUST '23
18:25	INDOOR CYCLING	Raphael	
19:30	TAE BO / BBP	Marco	

MITTWOCH

09:00	MY BODY AND ME	Diego	AB 23. AUGUST '23
17:30	ATHLETIK / FUNKTIONAL KIDS	Diego	
18:25	INDOOR CYCLING	Eder	
18:25	ZUMFIT	Saskia	

DONNERSTAG

06:30	FUNKTIONAL TRAINING	Eder	
09:00	INDOOR CYCLING / BALANCE	Eder	
18:25	FUNKTIONAL TRAINING	Patrik	

FREITAG

09:00	PILATES	Elke	AB 18. AUGUST '23
12:15	INDOOR CYCLING	Virtual	

SAMSTAG

09:00	INDOOR CYCLING	Team / Virtual	AB OKTOBER '23
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