

Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
Alpha	Beta	Alpha	Beta	Alpha	Beta	Alpha	Beta	Alpha	Beta
09:15 - 10:15 WS - Gym (Reha)				09:30 - 10:30 Dance			9:15 - 10:15 Indoor Cycling 	09:30 - 10:30 WS - Gym	
		10:30 - 11:30 WS - Gym		10:30 - 11:30 WS - Gym		10:15 - 11:15 WS - Gym			
18:00 - 18:45 Power-Workout				18:00 - 18:45 Cross-X			18:00 - 18:45 Pump ab August 21	17:45 - 18:45 Yoga ab Juli 21	
	19:00 - 20:00 Indoor Cycling 	19:00 - 20:00 WS - Gym			19:00 - 20:00 Indoor Cycling 	19:00 - 20:00 WS - Gym	19:00 - 20:00 Skill Cycling ab August 21		

Für die Indoor Cycling Kurse bitte Online oder im Bistro anmelden!