

# Fitnesskursplan August 2022



1.8. - 5.8.22

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	9:00 - 10:00 (1) Bodystyling	9:00 - 10:00 (1) Jumping Fitness	9:00 - 10:00 (1) Bodystyling	
	10:10 - 11:10 Cycling Fun		10:10 - 11:10 Cycling Fun	
18:00 - 19:00 Cycling		19:05 - 19:50 Cycle well		
18:30 - 19:30 (1) Move & Stretch	18:30 - 19:30 (1) Power Mix	18:00 - 19:00 (0) Fasyo	18:40 - 19:40 (1) Jumping Fitness	

8.8. - 12.8.22

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	9:00 - 10:00 (1) Bodystyling		9:00 - 10:00 (1) Bodystyling	
	10:10 - 11:10 Cycling Fun		10:10 - 11:10 Cycling Fun	
	17:20 - 18:20 (1) TRX			
18:00 - 19:00 Cycling		18:00-19:00 (1) Pilates	18:30 - 19:30 Cycling	

15.8. - 19.8.22

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Feiertag		9:00 - 10:00 (1) Jumping Fitness	9:00 - 10:00 (1) Bodystyling	
			10:10 - 11:10 Cycling Fun	
		18:00 - 19:00 (1) TRX	18:00-19:00 (1) Pilates	18:30 - 19:30 (1) Jumping Fitness
		18:30 - 19:30 (1) Power Mix		18:30 - 19:30 Cycling

22.8. - 26.8.22

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	9:00 - 10:00 (1) Bodystyling		9:00 - 10:00 (1) Bodystyling	
	10:10 - 11:10 Cycling Fun		10:10 - 11:10 Cycling Fun	16:00 - 17:00 (1) TRX
		19:05 - 19:50 Cycle well	18:40 - 19:40 (1) Jumping Fitness	
18:30 - 19:30 (1) Move & Stretch	18:30 - 19:30 (1) Power Mix	18:00 - 19:00 (0) Fasyo		