FITNESS-STUDIO SATRUP

SUNSET fit

**Telefon: 04633 / 966333**

# *Kursplan 2021*

| Zeit | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | | Samstag | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 | Raum 1 | Raum 2 |
| 09:00 | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | |
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| | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | |
| | | | | | | | | | | | | |
| 18:00 | 18:00 - 19:00 Pump | | 18:00 - 19:00 Yoga | | WT Erwachsene | | | | | 18:0 - 19:00 Indoor Cycling | | |
| | | 18:30 - 19:30 Indoor Cycling | | | | | 18:00 -18:30 Bumba | | | | | |
| 19:00 | | | | | | 18:00 - 19:00 Indoor Cycling | | | | | | |
| | | | | | | | 18:30 - 19:30 Body Attack | | | | | |
| 20:00 | | | | | | | | | | | | |
| | | | | | | | | | | | | |