FITNESS-STUDIO SATRUP SUNSET fit

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Kursplan ab 01.11.2017

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												
							09:40 - 10:25 Reha					
10:00												
							10:30 - 11:35 Natur Moves					
16:00												
			16:10 - 16:55 Reha									
17:00												
			17:00 - 18:05 Natur Moves									
18:00	18:00 - 19:00 Pump				18:00 - 19:00 Cross Fit		18:00 - 19:00 Fatburn Workout			18:05 - 19:05 Indoor Cycling		
			18:15 - 19:20 Natur Moves									
19:00		19:05 - 20:05 Indoor Cycling				19:00 - 20:00 Indoor Cycling	19:00 - 20:00 Dance Workout					
			19:30 - 20:30 Natural Moves									
20:00												