

# UNSER KURSPLAN.

MO	DI	Mi	DO	FR
10:00  YOGA <i>by Annelie</i>	10:00 INDOOR  CYCLING		10:00 <b>HOT IRON®</b> 1	
		17:30 Bauch <b>Killer</b>		17:30  YOGA <i>by Annelie</i>
18:00 <b>HOT IRON®</b> 1	18:00 FITNESS-BOXEN	18:00 INDOOR  CYCLING		
19:00 INDOOR  CYCLING	19:00 <b>HOT IRON®</b> Cross	19:00 FullBodyWorkout	19:00 KICK-BOXEN	
20:00 Pole-Athletics BEGINNER			19:30 Pole-Athletics ADVANCED	