

# Group- & Fitness-Programm

<b>Montag</b>	10:15	Fit und fit!	Lena	55	Arms
	12:15	Yoga	Tina	20	Arms
	18:30	Stoßrhythmus!	Christl	55	Arms
<b>MI</b>	19:30	Indoor Cycling	Werner	75	Cycling
	19:30	Vinyasa Yoga	Younger	60	Arms
<b>Dienstag</b>	09:45	Power Plate!	Bettina	20	Power Plate
	09:50	Indoor Cycling	Rena	75	Cycling
	09:15	Stoßrhythmus!	Pia	55	Arms
	12:15	Flow	Tina	20	Flow
	18:30	YOGA Suspension Training	Lara	55	Arms
	19:45	Yoga	Jana	30	Arms
<b>Mittwoch</b>	09:45	YOGA Suspension Training	Sissy	55	Arms
	12:15	Power Plate!	Jana / Anja	20	Power Plate
	18:30	Stoßrhythmus! Bottle	Lena	30	Stoßrhythmus
	19:30	Fit in	Anja	20	Fit in
	19:30	Indoor Cycling	Maria / Manuel	75	Cycling
<b>DO</b>	19:30	Stronge Muskeln	Colby	55	Arms
<b>Donnerstag</b>	09:50	Yoga Yoga	Sylvia	55	Arms
	12:15	Stoßrhythmus! Bottle	Tina	20	Stoßrhythmus
	18:30	Stoßrhythmus!	Sissy	55	Arms
<b>FR</b>	18:30	Indoor Cycling	Andrea / Veronika	75	Cycling
	19:30	Stoßrhythmus!	Jessika	75	Arms
<b>Freitag</b>	09:15	Flow	Colby	55	Arms
	20:00	Power Plate!	Tina	20	Power Plate
<b>Sonntag</b>	10:00	Stoßrhythmus! Bottle	TEAM	20	Stoßrhythmus
<b>Sonntag</b>	09:30	Indoor Cycling	TEAM	75	Cycling

- Einzelbuchung von 09:30 – 19:00 Uhr
- www.stoßrhythmus.at/bookingform/09-2023
- www.stoßrhythmus.at/bookingform/10-2023
- www.stoßrhythmus.at/bookingform/11-2023
- bis 16.10.2023

