



INDOOR CYCLING

aquaFit

Freude an Gesundheit

## CYCLING-KURSE

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
18:00 – 18:55 Fatburner	18:00 – 18:55 Fatburner	18:00 – 18:55 High Intensity	19:00 – 19:55 High Intensity	17:30 – 18:25 Fatburner		11:00 – 11:45 High Intensity
19:05 – 20:00 High Intensity	19:00 – 19:55 High Intensity					11:55 – 12:40 Fatburner