

WOCHENPROGRAMM

Ab 1. Februar 2024

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
MORGEN	9:00 / 45 Minuten TRX® BASIC by Phil					8:30 / 60 Minuten TRX® SURPRISE by Regina	9:30 / 75 Minuten CYCLING® by Team
MITTAG			12:30 / 60 Minuten philLIFE® by Saskia				
ABEND	18:15 / 45 Minuten TRX® STRONG by Phil	19:00 / 60 Minuten BOOTCAMP by Saskia	18:15 / 45 Minuten TRX® STRONG by Regina	19:00 / 60 Minuten FUNCTIONAL® by Saskia.	18:00 / 60 Minuten FUNCTIONAL® by Saskia.		
	19:15 / 60 Minuten CYCLING® by Alessandro	19:00 / 60 Minuten CYCLING® by Sandro	19:15 / 45 Minuten WORKSHOP by Regina	18:30 / 60 Minuten CYCLING® by Alessandro			
				19:45 / 60 Minuten CYCLING® by Alessandro			

**STRONGER THAN EVER.
TOGETHER!**

