



INDOOR CYCLING

aquaFit

Freude an Gesundheit

CYCLING-KURSE

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
17:45 – 18:45 Indoor Cycling	17:45 – 18:45 Indoor Cycling <small>jeden 1. Di. im Monat FTP-Test</small>	19:15 – 20:15 Indoor Cycling	07:15 – 08:00 Indoor Cycling	17:45 – 18:45 Indoor Cycling	10:00 – 11:00 Indoor Cycling	11:00 – 11:45 Indoor Cycling
			18:30 – 19:30 Indoor Cycling			12:00 – 12:45 Indoor Cycling <small>jeden 3. So. im Monat FTP-Test</small>