

# Body & Soul Fitness und Gesundheit GmbH

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Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		09:15-10:10 Power Yoga		09:15-10:10 Pilates		
					10:30 -11:30 Indoor Cycling	
					11:45-12:45 Bauch Beine Po	
17:30-18:25 Pilates						
18:30-19:25 Functional Training	18:15-19:10 Indoor Cycling	17:45-18:45 Power Yoga				
19:30-20:30 Indoor Cycling	19:15-20:15 Bodyworkout & Stretch	19:00-20:00 HIT Training	19:30-20:30 Indoor Cycling			

