



AXIS

TRAINING & GESUNDHEIT

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	
09:00			Fit-Cross			
09:30					Rücken-Fit	
10:00						
10:30	Rücken-Fit					
11:00						
11:30						
12:00	Yoga					
18:00	Fit cross			Pilates		
18:30			Extrem-Six-Pack			
18:45			Extrem-Six-Pack			
19:15	Fit cross					