

# Wochenplan Kurs ab 01. Oktober '23

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
				06:15 Indoor Cycling <i>AI Fitness Koblenz</i>		
					10:00 Hot Iron® <i>TuS Koblenz-Horchheim</i>	
					11:00 YOGA (90min) <i>TuS Koblenz-Horchheim</i>	
				17:00 Bootcamp <i>DANYS</i>		
		18:15 Hot Iron® <i>AI Fitness Koblenz</i>		18:00 Yoga <i>DANYS</i>		
		19:15 Indoor Cycling <i>AI Fitness Koblenz</i>				
		20:15 Yoga <i>AI Fitness Koblenz</i>				

