



# AXIS

TRAINING & GESUNDHEIT

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