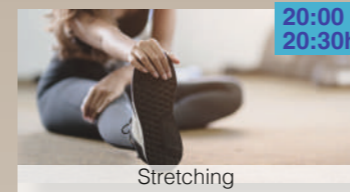


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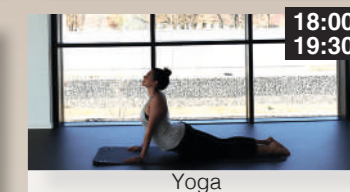
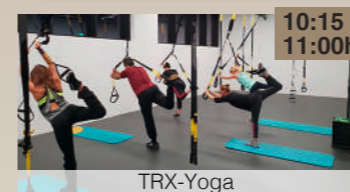
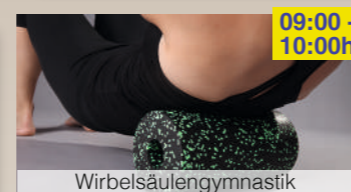
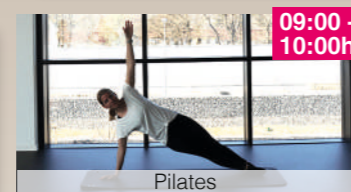
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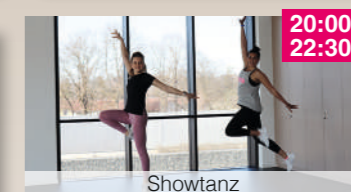
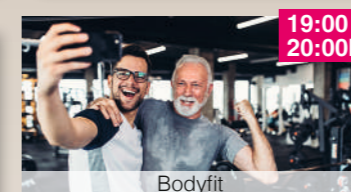
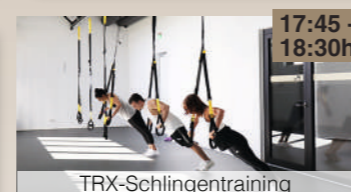
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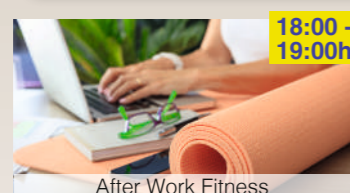
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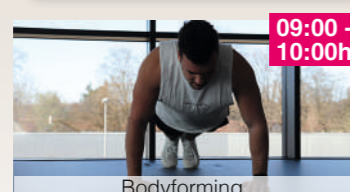
DONNERSTAG



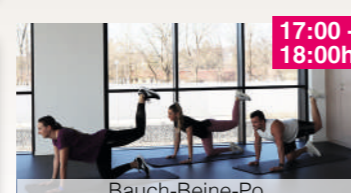
FREITAG



SAMSTAG



SONNTAG



Informationen zum Kursplan

* **Voraussetzung** für alle Indoorcycling-Kurse ist der FTP-Test. Dieser findet jeden zweiten Donnerstag im Monat von 17:00 - 18:30 Uhr im Raum Motivation statt.

Kleingeräte (z.B. Hanteln, Bälle, Bänder) können während der Corona-Pandemie leider **nicht** verwendet werden. Ebenso sind **eigene Matten** mitzubringen.

An **Feiertagen** können sämtliche Kurse entfallen!

- Kreation OG
- Motivation UG
- Inspiration OG
- Innovation UG
- Synergie UG
- Dynamik OG