

# Montag

09:30 – 10:30  
by Alex



10:30 – 17:15  
Training & Beratung  
nach Termin

**Galileo**  
Training

**SITT**

Strength Intensiv Transformation Training

17:30 – 18:00  
by Karina



18:00 – 19:00  
by Karina



# Dienstag

09:00 – 10:00  
by Karina



10:00 – 16:00  
Training & Beratung  
nach Termin

**Galileo**  
Training

**SITT**

Strength Intensiv Transformation Training

16:00 – 17:00  
by Karina



17:00 – 18:00  
by Alex



18:05 – 18:50  
by Karina

**LESMILLS  
CXWORX**

# Mittwoch

09:00 – 15:00  
Training & Beratung  
nach Termin

**Galileo**  
Training

**SITT**

Strength Intensiv Transformation Training

15:00 – 15:45  
by Karina



17:00 – 18:00  
by Karina

**LESMILLS EXPRESS  
BODYBALANCE**

Faszientherapie

**BLACKROLL**



# Donnerstag

09:00 – 10:00  
by Karina



10:30 – 11:30  
by Karina



11:30 – 17:30  
Training & Beratung  
nach Termin

**Galileo**  
Training

**SITT**

Strength Intensiv Transformation Training

17:30 – 18:30  
by Karina

**LESMILLS EXPRESS  
BODYBALANCE**

**LESMILLS  
CXWORX**

# Freitag

09:00 – 14:30  
Training & Beratung  
nach Termin

**Galileo**  
Training

**SITT**

Strength Intensiv Transformation Training

14:30 – 15:30  
by Karina



16:00 – 17:00  
by Karina



Magdeburger Allee 83  
99086 Erfurt  
Tel.: 0361-34190356  
(Stand: 27.02.2018)