



2024



<https://www.bsg-texins-ev.de/>



Not yet a **TEXINS** member?  
Go for it. It's 24 EUR per year

	MON	TUE	WED	THU	FRI
7					
8			requires online registration through Kursifant		
9	Massage 8:00 - 12:30	Massage 8:00 - 13:00			Back Fitness 9:15 - 10:00
10					
11			Zumba 11:30 - 12:30	Yoga 11:00 - 12:15	
12					
13	Flex / Faszien 13:00 - 13:45				
14	Table Tennis - Kicker - Darts available all day				
15					
16					
17		Photo		Functional Training 17:30 - 19:00	
18	Racing Bike from 17:45			TI Band 17:00 - 19:30	MTB Bike from 17:45
19	Swim Style 19:00 - 20:00	Beachvolley	Basketball		
20		Squash	Soccer/Fussball 18:00 - 20:00		Swim Beginners 21:00 - 21:45

Great discounts in multiple fitness studios in your area as **TEXINS** member

EVENT CALENDAR	
	Ski trip to Ratschings Jan 19th - Jan 21st
	Frühjahrslauf March 17th Landshut läuft April 28th B2Run München July 17th Rückenwindlauf July 21st Volksfestlauf Sept 7th München Marathon Oct 12th
	Sailing weekend Gardasee May 10th - May 12th Sailing regatta in May/June (tbd)
	Motor-Bike tour m/o July
	Tennis week in Zolling m/o Aug
	Golf tournament: date tbd