

KURSPLAN GROUPFITNESS

AB 14. SEPTEMBER 2021

- Gesundheit / Beweglichkeit
- Power
- Dance

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07.45-08.45 LnB Motion	08.15-09.00 TRX	08.00-09.00 LnB Motion	08.00-09.00 Faszienyoga			
09.00-10.00 Bodytoning	09.05-10.00 Spinning	09.05-10.00 Zumba	09.15-10.15 Bodytoning	09.00-10.00 Yoga Pilates	08.45-09.45 Pilates	
09.00-09.40 FLE-XX		10.05-10.35 CX WORX	10.15-10.55 LnB Motion	10.10-11.10 Bodypump	09.50-10.50 Spinning	09.30-10.00 CX WORX
09.15-10.15 LnB Motion	10.15-10.55 Faszientraining	10.40-11.40 Bodybalance		12.15-13.00 TRX	11.00-12.00 HIIT THE BEAT	10.05-11.05 Bodypump
10.05-11.00 HIIT THE BEAT		16.00-16.40 FLE-XX	17.45-18.40 Zumba			
17.45-18.35 Spinning	18.10-19.10 HIIT THE BEAT	18.00-19.00 Bodypump	18.50-19.50 Bodybalance			
18.40-19.40 Bodypump	19.15-20.15 Faszientraining	19.10-20.10 Pilates				

Bitte zu jedem Kurs online an- und ggf. abmelden. Merci

📷 plan_c_fitness

📘 @plancfitness

www.plan-c-fitness.ch

info@plan-c-fitness.ch

PLAN 
FITNESS