

Kursplan

15.10.2018 - 21.10.2018

Caesar's Fitness
 Platz 3
 6039 Root D4
 041 450 00 60
 info@caesarsfitness.ch



Montag 15.10.2018	Dienstag 16.10.2018	Mittwoch 17.10.2018	Donnerstag 18.10.2018	Freitag 19.10.2018	Samstag 20.10.2018	Sonntag 21.10.2018
09:30 - 10:30 Power Pilates	08:45 - 09:40 Functional Circuit ...	09:30 - 10:30 Pilates	09:15 - 09:45 LesMills CXWORX	09:00 - 10:00 Faszien-Training	10:15 - 11:15 LesMills BODYPUMP	09:15 - 10:15 Cycling (ab 9.Sept....)
18:15 - 19:15 Zumba	09:45 - 10:45 LesMills BODYPUMP	12:05 - 12:35 LesMills CXWORX	09:55 - 10:55 LesMills BODYPUMP	12:05 - 13:00 LesMills BODYPUMP		10:30 - 11:30 LesMills BODYPUMP
18:15 - 19:15 Indoor Cycling	12:05 - 13:00 LesMills BODYPUMP	12:35 - 13:05 LesMills GRIT	18:15 - 19:30 Cycling			
19:30 - 20:30 LesMills BODYPUMP	17:45 - 18:15 LesMills CXWORX	17:55 - 18:25 Les Mills GRIT	18:25 - 19:25 Martial Art Fit (S...			
	18:20 - 19:20 Bauch-Beine-Po	18:30 - 19:30 LesMills BODYPUMP	19:30 - 20:30 Faszien-Training			
		19:40 - 20:40 Pilates				

- Ausdauer
- Dance & Fun
- Figur
- Gesundheit
- Kraft

Stand: 15.10.2018