

# Kursplan

19.02.2018 - 25.02.2018

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



Montag 19.02.2018	Dienstag 20.02.2018	Mittwoch 21.02.2018	Donnerstag 22.02.2018	Freitag 23.02.2018	Samstag 24.02.2018	Sonntag 25.02.2018
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	10:30 - 11:30 LesMills BODYPUMP
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 Cycling
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	18:30 - 19:30 Martial Art Fit (S...			
	18:20 - 19:20 Bauch-Beine-Po	18:30 - 19:30 LesMills BODYPUMP	19:30 - 20:30 Faszien-Training			
	19:30 - 20:30 Martial Art Fit (S...	19:40 - 20:40 Pilates				

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

Stand: 19.02.2018