

Kursplan

11.12.2017 - 17.12.2017

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



Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
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...	19:35 - 20:35 Pilates				

Ausdauer
 Kraft

Dance & Fun

Figur

Gesundheit

Stand: 11.12.2017