

Kursplan

16.07.2018 - 22.07.2018

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



Montag 16.07.2018	Dienstag 17.07.2018	Mittwoch 18.07.2018	Donnerstag 19.07.2018	Freitag 20.07.2018	Samstag 21.07.2018	Sonntag 22.07.2018
<p>09:30 - 10:30 Power Pilates</p> <p>18:15 - 19:15 Zumba (Sommerpause ...)</p> <p>18:15 - 19:15 Indoor Cycling</p> <p>19:30 - 20:30 LesMills BODYPUMP</p>	<p>08:45 - 09:40 Functional Circuit ...</p> <p>09:45 - 10:45 LesMills BODYPUMP</p> <p>12:05 - 13:00 LesMills BODYPUMP</p> <p>17:45 - 18:15 LesMills CXWORX</p> <p>18:20 - 19:20 Bauch-Beine-Po</p>	<p>09:30 - 10:30 Pilates</p> <p>12:05 - 12:35 LesMills CXWORX</p> <p>12:35 - 13:05 LesMills GRIT</p> <p>17:55 - 18:25 Les Mills GRIT</p> <p>18:30 - 19:30 LesMills BODYPUMP</p> <p>19:40 - 20:40 Pilates</p>	<p>09:15 - 09:45 LesMills CXWORX</p> <p>09:55 - 10:55 LesMills BODYPUMP</p> <p>18:15 - 19:30 Cycling</p> <p>18:30 - 19:30 Martial Art Fit (S...</p> <p>19:30 - 20:30 Faszien-Training (...)</p>	<p>09:00 - 10:00 Faszien-Training</p> <p>12:05 - 13:00 LesMills BODYPUMP</p>	<p>10:15 - 11:15 LesMills BODYPUMP</p>	<p>10:30 - 11:30 LesMills BODYPUMP</p> <p>10:30 - 11:30 Cycling (Sommerpaus...</p>

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

Stand: 20.07.2018