

Kursplan

16.10.2017 - 22.10.2017

Caesar's Fitness



Platz 3

6039 Root D4

041 450 00 60

info@caesarsfitness.ch

Montag 16.10.2017	Dienstag 17.10.2017	Mittwoch 18.10.2017	Donnerstag 19.10.2017	Freitag 20.10.2017	Samstag 21.10.2017	Sonntag 22.10.2017
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	13:05 - 13:35 LesMills CXWORX (..	17:55 - 18:25 Les Mills GRIT	18:15 - 19:15 LesMills Pump / CXW.			
	17:45 - 18:15 LesMills CXWORX	18:30 - 19:30 LesMills BODYPUMP	19:30 - 20:30 Faszien-Training			
	18:20 - 19:20 Bauch-Beine-Po	19:35 - 20:35 Pilates				

Ausdauer

Dance & Fun

Figur

Gesundheit

Kraft

Stand: 18.10.2017