

Kursplan

16.04.2018 - 22.04.2018

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



Montag 16.04.2018	Dienstag 17.04.2018	Mittwoch 18.04.2018	Donnerstag 19.04.2018	Freitag 20.04.2018	Samstag 21.04.2018	Sonntag 22.04.2018
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: 20.04.2018