

Kursplan

20.03.2023 - 26.03.2023

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



Montag 20.03.2023	Dienstag 21.03.2023	Mittwoch 22.03.2023	Donnerstag 23.03.2023	Freitag 24.03.2023	Samstag 25.03.2023	Sonntag 26.03.2023
09:30 - 10:30 Power Pilates	09:15 - 10:15 LesMills BODYPUMP	09:30 - 10:30 Pilates	12:05 - 13:05 Pilates	09:00 - 10:00 Faszien-Training	09:30 - 10:30 LesMills BODYPUMP	10:00 - 11:00 LesMills BODYPUMP
17:30 - 18:00 Les Mills GRIT	12:05 - 13:00 LesMills BODYPUMP	12:05 - 13:05 LesMills CX/GRIT	18:25 - 19:25 Martial Art Fit (S...	12:05 - 13:00 LesMills BODYPUMP		
18:15 - 19:15 Indoor Cycling	17:45 - 19:15 LesMills CX/BBP	18:30 - 19:30 LesMills BODYPUMP	18:30 - 19:30 Indoor Cycling			
18:15 - 19:15 Faszien-Training		19:45 - 20:45 Pilates	19:40 - 20:40 Faszien-Yoga			
19:30 - 20:30 LesMills BODYPUMP						

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

Stand: 20.03.2023