


Kursplan

11.12.2017 - 17.12.2017

Squashfit Institut
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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
09:00 - 09:55 Mixed & Tone	09:00 - 09:55 TRX	08:00 - 08:55 Bodyforming T-Bow	09:00 - 09:55 Pilates	09:00 - 09:55 Step & Tone	09:45 - 10:40 Bodypump	10:00 - 10:55 Bodytoning
09:15 - 09:45 Cycling	17:30 - 18:25 Intervall Toning	09:00 - 09:55 Beckenboden & Rücke...	10:05 - 11:00 Bodytoning	17:00 - 17:55 Yoga	11:00 - 11:55 Kickpower	11:00 - 11:55 Powerfit
10:05 - 11:00 Yoga	18:30 - 19:30 Cycling	09:15 - 10:00 Cycling	18:00 - 18:55 Intervall Toning		11:00 - 12:00 Cycling	11:00 - 12:00 Cycling
12:15 - 13:00 Cycling	18:30 - 19:25 Yoga	10:05 - 11:00 Step & Tone	18:30 - 19:30 Cycling			
17:30 - 18:25 Pilates	19:30 - 20:25 Bodytoning	18:00 - 18:55 M.A.X & Core	19:00 - 19:55 Pilates			
18:30 - 19:15 Cycling		18:30 - 19:00 Cycling HIT	20:00 - 20:55 Bodytoning			
18:30 - 19:25 Bodypump		19:00 - 19:55 TRX				
19:30 - 20:25 Step & Tone		20:00 - 20:55 Bauchtanz				

neue Kategorie

Stand: 15.12.2017