

# Kursplan

16.10.2017 - 22.10.2017

**Squashfit Institut**  
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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
09:00 - 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 - 19:25 Yoga	09:15 - 10:00 Cycling	18:00 - 18:55 Intervall Toning			
17:30 - 18:25 Pilates	19:30 - 20:25 Bodytoning	10:05 - 11:00 Step & Tone	19:00 - 19:55 Pilates			
18:30 - 19:25 Bodypump		18:00 - 18:55 M.A.X & Core	20:00 - 20:55 Bodytoning			
19:00 - 19:45 Cycling		19:00 - 19:55 TRX				
19:30 - 20:25 Step & Tone		20:00 - 20:55 Bauchtanz				

neue Kategorie

Stand: 21.10.2017