

STUNDENPLAN

GROUP FITNESS: 55'

ZEIT TAG	MO	DI	MI	DO	FR	SA	SO
08.00			PILATES				
09.00	BAUCH BEINE,PO		PILATES	ZUMBA	PILATES		
10.00	YOGA	ZUMBA TONING	BAUCH BEINE,PO	RÜCKENFIT	BBP / STEP		ZUMBA (gemäs App)
17.30					ZUMBA KIDS		
18.30	PILATES	ZUMBA	ZUMBA				
19.30	POWERFIT	PILATES					

CROSSFITNESS: 60'

ZEIT TAG	MO	DI	MI	DO	FR	SA	SO
18.00			CROSSFITNESS	CROSSFITNESS			
20.00	CROSSFITNESS						



STUNDENPLAN

KRAV MAGA (SAMI-X)

ZEIT \ TAG	MO	DI	MI	DO	FR	SA	SO
19.00 - 20.00		Technik & Skills		Technik & Skills			
20.00 - 21.00		Body & Mind		Panantukan			

KICKBOXEN & BOXING BAG TRAINING

ZEIT \ TAG	MO	DI	MI	DO	FR	SA	SO
18.30 - 20.00	KICKBOXEN	KICKBOXEN		KICKBOXEN			
20.00 - 21.00	BOXING BAG	BOXING BAG		BOXING BAG			

