

Kursplan: Groupfitness

18.12.2017 - 24.12.2017

David Gym ZH-West
 Zürcherstrasse 113
 8952 Schlieren-Zürich
 043 311 12 30
 info@davidgymzhwest.ch



Montag 18.12.2017	Dienstag 19.12.2017	Mittwoch 20.12.2017	Donnerstag 21.12.2017	Freitag 22.12.2017	Samstag 23.12.2017	Sonntag 24.12.2017
09:15 - 10:15 BODYPUMP	10:00 - 11:00 BODYBALANCE	09:30 - 10:30 Fun Tone	10:00 - 11:00 FUNCTIONAL CIRCUIT	09:30 - 10:30 Cycling	09:15 - 09:45 SPRINT Cycle	10:30 - 11:45 Cycling
12:15 - 13:00 RPM®	11:00 - 12:00 BODYPUMP	10:00 - 11:00 Fun Tone	12:15 - 12:45 GRIT Strength	12:15 - 13:00 BODYPUMP	10:00 - 11:00 BODYBALANCE	11:00 - 12:00 Bauch-Beine-Po
18:15 - 18:45 CXWORX	12:15 - 13:00 BODYPUMP	12:15 - 13:05 FITBOX	18:30 - 19:30 BODYPUMP	18:30 - 19:30 BODYCOMBAT	11:00 - 12:00 BODYSTEP	17:00 - 18:00 BODYPUMP
18:15 - 19:30 Cycling	18:30 - 19:30 BODYSTEP	12:15 - 13:00 FUNCTIONAL CIRCUIT	18:45 - 20:00 Cycling		12:30 - 13:30 Seal Tac Functional...	
18:45 - 19:15 GRIT Strength	19:30 - 20:30 BODYCOMBAT	18:30 - 19:00 GRIT Strength	19:30 - 20:30 JAZZ Workout			
19:30 - 20:30 BODYPUMP		19:00 - 19:30 CXWORX				

- Ausdauer
- HITT / Functiona...
- Kids Functional
- Boxen
- Jiu / MMA
- Kids Kampfsport ...
- Cycling
- Kids DG 47
- Kraft
- Gesundheit
- Kids DG ZH-West
- Muay Thai

Stand: 18.12.2017