

Kursplan: Groupfitness

21.05.2018 - 27.05.2018

David Gym ZH-West
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Montag 21.05.2018	Dienstag 22.05.2018	Mittwoch 23.05.2018	Donnerstag 24.05.2018	Freitag 25.05.2018	Samstag 26.05.2018	Sonntag 27.05.2018
09:30 - 10:30 Fun Tone Simon	09:30 - 10:30 BODYBALANCE Claudia	09:30 - 10:30 Fun Tone Patrizia	09:30 - 10:15 FUNCTIONAL CIRCUIT ... Simon	10:00 - 10:30 RÜCKENFIT Simon	10:00 - 11:00 BODYBALANCE Kathi	11:00 - 12:00 LM TONE Fatburner Kathi
12:15 - 12:45 SPRINT Cycle Kathi	12:15 - 13:00 BODYPUMP (45) Kathi	10:30 - 11:00 FASZIEN Training (B... Simon	12:15 - 12:45 GRIT Strength Kathi	12:15 - 13:00 BODYPUMP (45) Seyram	11:30 - 12:00 GRIT Strength Katja	17:00 - 18:00 BODYPUMP Roy
18:15 - 19:30 Cycling Markus/Heike (Galerie)	18:30 - 19:00 SPRINT Cycle Julian	12:15 - 13:00 FUNCTIONAL CIRCUIT ... Simon	12:45 - 13:05 FASZIEN Training (B... Simon	18:30 - 19:30 BODYCOMBAT Kathi	12:00 - 12:30 CXWORX Katja	18:15 - 18:45 SPRINT Cycle Julian
18:30 - 19:00 CXWORX Kathi	19:00 - 19:30 CXWORX Jana	18:30 - 19:00 GRIT Strength Julian	18:30 - 19:15 BODYPUMP (45) Ines		12:30 - 13:30 Seal Tac Functional... Sisley	
19:00 - 19:30 GRIT Strength Julian	19:30 - 20:30 BODYCOMBAT Jana (1)	19:00 - 19:30 CXWORX Kathi	18:45 - 20:00 Cycling Beat (Galerie)			
19:45 - 20:45 BODYPUMP Ines (1)		19:30 - 20:15 STRETCH/RELAX Kathi	19:15 - 20:00 LM TONE Fatburner Kathi			
			20:00 - 21:00 JAZZ Workout Rebecca			

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

Stand: 24.05.2018