

# Kursplan: Groupfitness

12.03.2018 - 18.03.2018

David Gym ZH-West  
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Montag 12.03.2018	Dienstag 13.03.2018	Mittwoch 14.03.2018	Donnerstag 15.03.2018	Freitag 16.03.2018	Samstag 17.03.2018	Sonntag 18.03.2018
<p>09:30 - 10:30 <b>BODYPUMP</b> Claudia (1)</p> <p>10:00 - 10:45 <b>RÜCKENFIT</b> Simon</p> <p>12:15 - 13:00 <b>RPM® CYCLING</b> Kathi (Galerie)</p> <p>18:15 - 19:30 <b>Cycling</b> Markus/Heike (Galerie)</p> <p>18:30 - 19:00 <b>CXWORX</b> Kathi</p> <p>19:00 - 19:30 <b>GRIT Strength</b> Julian</p> <p>19:45 - 20:45 <b>BODYPUMP</b> Ines (1)</p>	<p>09:30 - 10:30 <b>BODYBALANCE</b> Claudia</p> <p>12:15 - 13:00 <b>BODYPUMP (45)</b> Kathi</p> <p>18:30 - 19:00 <b>SPRINT Cycle</b> Julian</p> <p>19:00 - 19:30 <b>CXWORX</b> Jana</p> <p>19:30 - 20:30 <b>BODYCOMBAT</b> Jana (1)</p>	<p>09:30 - 10:30 <b>Fun Tone</b> Patrizia</p> <p>10:30 - 11:00 <b>FASZIEN Training (B...</b> Simon</p> <p>12:15 - 13:00 <b>FUNCTIONAL CIRCUIT ...</b> Simon</p> <p>18:30 - 19:00 <b>GRIT Strength</b> Julian</p> <p>19:00 - 19:30 <b>CXWORX</b> Kathi</p> <p>19:30 - 20:00 <b>FASZIEN Training (B...</b> Kathi</p>	<p>09:30 - 10:15 <b>FUNCTIONAL CIRCUIT ...</b> Simon</p> <p>12:15 - 12:45 <b>GRIT Strength</b> Kathi</p> <p>12:45 - 13:05 <b>FASZIEN Training (B...</b> Simon</p> <p>18:30 - 19:15 <b>BODYPUMP (45)</b> Ines</p> <p>18:45 - 20:00 <b>Cycling</b> Beat (Galerie)</p> <p>19:15 - 20:00 <b>LM TONE Fatburner</b> Kathi</p> <p>20:00 - 21:00 <b>JAZZ Workout</b> Rebecca</p>	<p>09:30 - 10:30 <b>Cycling</b> Gabi (Galerie)</p> <p>12:15 - 13:00 <b>BODYPUMP (45)</b> Team</p> <p>18:30 - 19:30 <b>BODYCOMBAT</b> Kathi</p>	<p>10:00 - 11:00 <b>BODYBALANCE</b> Kathi</p> <p>11:30 - 12:00 <b>GRIT Strength</b> Katja</p> <p>12:00 - 12:30 <b>CXWORX</b> Katja</p>	<p>11:00 - 12:00 <b>LM TONE Fatburner</b> Kathi</p> <p>17:00 - 18:00 <b>BODYPUMP</b> Team</p> <p>18:15 - 18:45 <b>SPRINT Cycle</b> Julian</p>

Stand: 18.03.2018

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