

Kursplan: Groupfitness

16.10.2017 - 22.10.2017

David Gym ZH-West
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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
09:15 - 10:15 BODYPUMP	10:00 - 11:00 BODYBALANCE	09:30 - 10:30 Fun Tone	12:15 - 12:45 GRIT Strength	09:30 - 10:30 Cycling	10:00 - 11:00 BODYBALANCE	10:30 - 11:45 Cycling
10:00 - 11:00 BODYPUMP	12:15 - 13:00 BODYPUMP	12:15 - 13:05 FITBOX	18:30 - 19:30 BODYPUMP	12:15 - 13:00 BODYPUMP	11:00 - 12:00 BODYSTEP	11:00 - 12:00 Bauch-Beine-Po
12:15 - 13:00 RPM®	18:30 - 19:30 BODYSTEP	18:30 - 19:00 GRIT Strength	18:45 - 20:00 Cycling	18:30 - 19:30 BODYCOMBAT	12:30 - 13:30 Seal Tac Functional...	17:00 - 18:00 BODYPUMP
18:15 - 18:45 CXWORX	19:30 - 20:30 BODYCOMBAT	19:00 - 19:30 CXWORX	19:30 - 20:30 JAZZ Workout			
18:15 - 19:30 Cycling						
18:45 - 19:15 GRIT Strength						
19:30 - 20:30 BODYPUMP						

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

Stand: 21.10.2017