

Kursplan: Groupfitness

13.08.2018 - 19.08.2018

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



Montag 13.08.2018	Dienstag 14.08.2018	Mittwoch 15.08.2018	Donnerstag 16.08.2018	Freitag 17.08.2018	Samstag 18.08.2018	Sonntag 19.08.2018
<p>10:00 - 10:45 FUNCTIONAL CIRCUIT ... Simon / Team</p> <p>12:15 - 12:45 SPRINT Cycle Kathi</p> <p>18:15 - 19:30 Cycling Markus/Heike (Galerie)</p> <p>18:30 - 19:00 CXWORX Kathi</p> <p>19:00 - 19:30 GRIT Strength Julian</p> <p>19:45 - 20:45 BODYPUMP Ines (1)</p>	<p>10:00 - 11:00 BODYBALANCE Claudia</p> <p>12:15 - 13:00 BODYPUMP (45) Kathi</p> <p>18:30 - 19:00 SPRINT Cycle Julian</p> <p>19:00 - 19:30 CXWORX Jana</p> <p>19:30 - 20:30 BODYCOMBAT Jana (1)</p>	<p>09:30 - 10:30 Fun Tone Patrizia</p> <p>10:30 - 11:00 FASZIEN Training (B... Simon</p> <p>12:15 - 13:00 FUNCTIONAL CIRCUIT ... Simon</p> <p>18:30 - 19:00 GRIT Strength Julian</p> <p>19:00 - 19:30 CXWORX Kathi</p> <p>19:15 - 20:00 LM TONE Kathi</p>	<p>09:30 - 10:15 FUNCTIONAL CIRCUIT ... Team</p> <p>12:15 - 12:45 GRIT Strength Kathi</p> <p>12:45 - 13:05 FASZIEN Training (B... Simon</p> <p>18:00 - 18:45 BODYBALANCE Kathi</p> <p>18:45 - 20:00 Cycling Beat (Galerie)</p> <p>19:00 - 20:00 BODYPUMP Ines</p>	<p>12:15 - 13:00 BODYPUMP (45) Seyram</p> <p>18:30 - 19:30 BODYCOMBAT Kathi</p>	<p>10:00 - 11:00 BODYBALANCE Kathi</p> <p>12:30 - 13:30 Seal Tac Functional... Sisley</p>	<p>11:00 - 12:00 LM TONE Kathi</p> <p>17:00 - 18:00 BODYPUMP Roy</p> <p>18:15 - 18:45 SPRINT Cycle Julian</p>

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

Stand: 19.08.2018