

Kursplan

19.02.2018 - 25.02.2018

Fitness for Fun
 Jochbergerstr. 98
 6370 Kitzbühel
 05356 63412
 fitness-for-fun@kitz.net



| Montag 19.02.2018 | Dienstag 20.02.2018 | Mittwoch 21.02.2018 | Donnerstag 22.02.2018 | Freitag 23.02.2018 | Samstag 24.02.2018 | Sonntag 25.02.2018 |
|---|--|---|---|--|--------------------|--------------------|
| 09:00 - 10:00 Qi Gong Hedy | 08:00 - 09:00 Yoga Elfi | 09:00 - 10:00 Bodystyling Cordula | 09:00 - 10:00 Spinning Hanna | 08:00 - 09:00 Yoga Elfi | | |
| 09:00 - 10:00 Bodyworkout Heidi | 09:00 - 10:00 Step Aerobic Lis | 09:00 - 10:30 YOGA IRENE | 09:00 - 10:00 Call/Qi Gong Hedy | 09:00 - 10:00 Gesunder Rücken Bianca | | |
| 10:00 - 11:00 Gesunder Rücken Hedy | 09:00 - 10:00 Call/Qi Gong Hedy | 10:00 - 11:00 Rücken Fit Cordula | 10:00 - 11:00 Bodyworkout Hanna | 09:00 - 10:00 Pilates Heidi | | |
| 10:00 - 11:00 Zumba® Heidi | 10:00 - 11:00 Bodystyling Lis | 10:30 - 11:00 KLANGSCHALE IRENE | 10:00 - 11:00 Thera Gym Hedy | | | |
| 18:30 - 19:30 Bodystyling Cordula | 10:00 - 11:00 Thera Gym Hedy | 18:30 - 19:30 Bauch-Beine-Po Cordula | 18:30 - 19:30 Bodyworkout Heidi | | | |
| 19:00 - 19:55 SPINNING Marina | 17:30 - 18:30 Callanetics Hedy | 19:30 - 20:30 Step Aerobic Cordula | 18:30 - 19:30 Spinning Angelika | | | |
| 19:30 - 20:30 Faszientraining Cordula | 18:30 - 19:30 Gesunder Rücken Hedy | 20:00 - 21:00 BBP + Faszientraining... Marina | 18:30 - 19:25 SPINNING Michael | | | |
| | 18:30 - 19:30 Spinning | | 19:00 - 19:55 FLOW-YOGA CHRISTINA | | | |
| | 18:30 - 19:55 YOGA IRENE | | 19:30 - 20:30 Zumba® Heidi | | | |
| | 18:30 - 19:25 SPINNING MARTIN | | | | | |
| | 19:30 - 20:30 Yoga Elfi | | | | | |

- Ausdauer
- Dance & Fun
- Figur
- Gesundheit
- Kraft

Stand: 19.02.2018

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| | 20:00 - 20:30 KLANGSCHALE IRENE | | | | | |

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