

Kursplan

16.10.2017 - 22.10.2017

Fitness for Fun fitness4fun
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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
09:00 - 10:00 Qi Gong	08:00 - 09:00 Yoga	09:00 - 10:00 Bodystyling	09:00 - 10:00 Spinning	08:00 - 09:00 Yoga		
09:00 - 10:00 Bodyworkout	09:00 - 10:00 Step Aerobic	10:00 - 11:00 Rücken Fit	09:00 - 10:00 Call/Qi Gong	09:00 - 10:00 Gesunder Rücken		
10:00 - 11:00 Gesunder Rücken	09:00 - 10:00 Call/Qi Gong	18:30 - 19:30 Bodystyling	10:00 - 11:00 Bodyworkout	09:00 - 10:00 Pilates		
10:00 - 11:00 Zumba®	10:00 - 11:00 Bodystyling	18:30 - 19:30 Bauch-Beine-Po	10:00 - 11:00 Thera Gym	10:00 - 10:55 FASZIENTRAINING		
18:30 - 19:30 Bodystyling	10:00 - 11:00 Thera Gym	19:00 - 20:00 ZUMBA	18:30 - 19:30 Bodyworkout			
19:30 - 20:30 BBP + Faszientraining...	17:30 - 18:30 Callanetics	19:30 - 20:30 Step	18:30 - 19:30 Spinning			
19:30 - 20:30 Faszientraining	18:30 - 19:30 Gesunder Rücken	19:30 - 20:30 Step Aerobic	19:30 - 20:30 Zumba®			
	18:30 - 19:30 Spinning	20:00 - 21:00 BBP + Faszientraining...				
	19:30 - 20:30 Yoga					

■ Ausdauer
 ■ Dance & Fun
 ■ Figur
 ■ Gesundheit
■ Kraft

Stand: 18.10.2017