

Kursplan

12.11.2018 - 18.11.2018

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



Montag 12.11.2018	Dienstag 13.11.2018	Mittwoch 14.11.2018	Donnerstag 15.11.2018	Freitag 16.11.2018	Samstag 17.11.2018	Sonntag 18.11.2018
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 - 09:55 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 - 10:55 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 - 19:25 Bodyworkout Heidi			
19:00 - 19:55 SPINNING Marina	17:30 - 18:30 Callanetics Hedy	19:30 - 20:30 Step Aerobic Cordula	19:00 - 19:55 DEEP WORK LISA			
19:30 - 20:30 Faszientraining Cordula	18:30 - 19:30 Gesunder Rücken Hedy		19:30 - 20:30 Zumba® Heidi			
	18:30 - 19:55 YOGA IRENE					
	18:30 - 19:25 Spinning					
	19:30 - 20:30 Yoga Elfi					
	20:00 - 20:30 KLANGSCHALE IRENE					

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

Stand: 13.11.2018