

GROUP HOCHSOMMER-FERIEN VOM 1. – 7. AUGUST 2022

MO 1	10:00 – 11:00	MOBILITY		JARRED
TU 2	09:00 – 10:00 18:15 – 19:15 19:00 – 19:45	FIT BOXING NEU STRETCHING INDOOR BOOTCAMP		RICKY ANITA ALEX
WE3	12:00 – 12:45 18:15 – 19:15 19:30 – 20:30	BODYTONING PUMP THAI BOXING FITNESS		MARCELO ANITA MARCELO
TH 4	09:00 – 10:00 18:15 – 19:15	STRETCHING ZIRKEL TRAINING NEU		ANITA RICKY
FR 5	09:00 – 10:00 12:00 – 12:45 17:30 – 18:30	MOBILITY INDOOR BOOTCAMP FASZIEN TRAINING		JARRED JARRED MARCELO
SA 6	10:00 – 11:15	PUMP XL		ANITA
SU 7	10:00 – 10:45	BODYTONING		MARCELO

DOWNLOAD OUR APP (NEW UPDATE) AND SIGN IN FOR CLASSES.
CLASSES TAKE PLACE WITH A MINIMUM OF 2 PERSONS.

SOMMERAKTION: 2 WOCHEN TESTEN FÜR CHF 1
TRAUMBODY: 5 PERSONAL TRAININGS 50%