

GROUP HOCHSOMMER-FERIEN

VOM 8. – 14. AUGUST 2022

MO 8	09:00 – 09:45	STEP & TONE NEU	MARIE-LOUISE
	12:00 – 12:45	BODYTONING	MASSIAM
	18:15 – 19:15	THAI BOXING FITNESS	MARCELO
TU 9	09:00 – 10:00	FIT BOXING NEU	RICKY
	12:00 – 13:00	PUMP NEU	MARIE-LOUISE
	18:15 – 19:00	INDOOR BOOTCAMP	JARRED
WE 10	12:00 – 12:45	CALISTHENICS	JARRED
	18:15 – 19:15	PUMP	ANITA
	19:30 – 20:30	THAI BOXING FITNESS	MARCELO
TH 11	09:00 – 10:00	STRETCHING	ANITA
	12:00 – 12:45	CORE	MASSIAM
	18:15 – 19:15	ZIRKEL TRAINING NEU	RICKY
FR 12	09:00 – 10:00	BODYTONING	MARCELO
	12:00 – 12:45	MOBILITY	JARRED
	17:30 – 18:30	FASZIEN TRAINING	MARCELO
SA 13	10:00 – 11:15	PUMP XL	ANITA
SU 14	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%