

Kursplan: Groupfitness

16.10.2017 - 22.10.2017

David Gym 47
 Albisriederstrasse 199a
 8047 Zürich-Albisrieden
 043 311 20 50
 info47@davidgym.ch



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
09:15 - 10:15 Pilates	09:15 - 10:05 SH'BAM	09:00 - 10:00 Pilates	06:15 - 07:15 BODYPUMP	08:30 - 09:30 Bloomergie	12:00 - 12:30 GRIT Strength	12:00 - 12:50 SH'BAM
10:15 - 11:15 Oriental Dance	12:15 - 12:45 GRIT Strength	12:15 - 13:00 BODYBALANCE	09:30 - 10:30 BODYPUMP	10:00 - 11:00 BODYVIVE	12:30 - 13:00 CXWORX	
12:15 - 13:00 BODYPUMP	18:00 - 18:45 BODYVIVE	18:00 - 18:30 CXWORX	10:45 - 11:45 Move	17:30 - 18:00 CXWORX		
18:00 - 18:50 SH'BAM	19:00 - 20:00 BODYJAM	18:35 - 19:35 BODYPUMP	12:15 - 12:45 CXWORX	18:10 - 19:10 BODYPUMP		
19:00 - 19:30 CXWORX			18:00 - 18:30 GRIT Strength			
19:35 - 20:35 BODYBALANCE			18:45 - 19:45 BODYVIVE			
			20:00 - 21:00 BODYBALANCE			

- Ausdauer
- Dance
- Gesundheit
- HITT / Functiona...
- Kids DG 47
- Kids DG ZH-West
- Kids Functional
- Kids Kampfsport ...
- Kraft

Stand: 20.10.2017