

# Kursplan: Groupfitness

11.12.2017 - 17.12.2017

**David Gym 47**  
 Albisriederstrasse 199a  
 8047 Zürich-Albisrieden  
 043 311 20 50  
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Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
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	18:00 - 19:00 BODYPUMP		
19:00 - 19:30 CXWORX			18:00 - 18:30 GRIT Strength	18:10 - 19:10 BODYPUMP		
19:35 - 20:35 BODYBALANCE			18:45 - 19:45 BODYVIVE			
			20:00 - 21:00 BODYBALANCE			

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

Stand: 17.12.2017