

Kursplan: Groupfitness

18.06.2018 - 24.06.2018

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



Montag 18.06.2018	Dienstag 19.06.2018	Mittwoch 20.06.2018	Donnerstag 21.06.2018	Freitag 22.06.2018	Samstag 23.06.2018	Sonntag 24.06.2018
09:15 - 10:15 Pilates Ilina	09:15 - 10:05 SH'BAM Monika	09:00 - 10:00 Pilates Mirjam	06:15 - 07:15 BODYPUMP Isabelle	08:30 - 09:30 BLOOMERGIE Carol	11:30 - 12:30 BODYSTEP Simona	12:00 - 12:50 SH'BAM Nimas
10:15 - 11:15 Oriental Dance Rosita	18:15 - 19:00 LM TONE Patrizia	12:15 - 13:00 BODYBALANCE Kathi	09:30 - 10:30 BODYPUMP Keren	10:00 - 11:00 LM TONE Patrizia		
12:15 - 13:00 BODYPUMP (45) Fabian	19:00 - 20:00 BODYJAM Nimas	18:15 - 19:00 BODYPUMP (45) Florian	10:45 - 11:45 Move Nadja Elisa	17:30 - 18:30 BODYPUMP Ines		
18:00 - 18:50 SH'BAM Monika		19:00 - 19:30 CXWORX Florian	12:15 - 12:45 CXWORX Fabian			
19:00 - 19:30 CXWORX Isabelle		19:30 - 20:30 BODYSTEP Alex	18:45 - 19:45 BODYJAM Sebe			
19:30 - 20:30 BODYBALANCE Isabelle			20:00 - 21:00 BODYBALANCE Isabelle			

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

Stand: 24.06.2018