

Kursplan

19.02.2018 - 25.02.2018


Fitnessclub Vital
Am Gewerbepark 2
9431 St. Stefan
00434352 307180
info@club-vital.at

club
vital
FITNESS & GESUNDHEIT

| Montag 19.02.2018 | Dienstag 20.02.2018 | Mittwoch 21.02.2018 | Donnerstag 22.02.2018 | Freitag 23.02.2018 | Samstag 24.02.2018 | Sonntag 25.02.2018 |
|-------------------------------|---------------------------------|-----------------------------------|------------------------------|------------------------------|--------------------|--------------------|
| 08:30 - 09:00 Bauch | 08:30 - 09:30 Pilates | 08:30 - 09:00 Bauch | 17:00 - 18:00 Zumba&Work | 08:30 - 09:30 Bodystyling | | |
| 09:00 - 10:00 Body-Workout | 09:30 - 10:00 Blackroll | 09:00 - 10:00 Golden Step | 18:00 - 19:00 Body & Soul | 16:30 - 17:00 BUTT | | |
| 16:30 - 17:00 Bauch | 17:30 - 18:00 Bauch | 16:30 - 17:00 Bauch | | 17:00 - 17:30 Bauch | | |
| 17:00 - 18:00 Bodystyling | 18:00 - 19:00 Steppen&Formen | 17:00 - 18:00 Bauch, Beine, Po | | 17:30 - 18:00 HIIT | | |
| 18:00 - 19:00 Step | | 18:30 - 19:30 Bodystyling | | 18:30 - 19:30 Pilates | | |
| 19:00 - 19:30 Bauch | | 19:30 - 20:30 Pilates | | 19:30 - 20:00 Blackroll | | |
| 19:30 - 20:30 Body-Workout | | | | | | |

 Ausdauer

 Figur

 Gesundheit

Stand: 20.02.2018