

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	
MORGENS					PERSONAL TRAINING		09.00
							09.30
	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING		10.00
							10.30
	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING		11.00
							11.30
	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING		12.00
							12.30
	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING		13.00
							13.30
NACHMITTAGS							14.00
							14:30
	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING		15.00
							15:30
	PERSONAL TRAINING	ATHLETIC KIDS	PERSONAL TRAINING	ATHLETIC KIDS	PERSONAL TRAINING		16.00
							16.30
	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING	PERSONAL TRAINING			17.00
					COMBAT CROSS		17.30
	ZIRKEL TRAINING	COMBAT CROSS	PERSONAL TRAINING	PERSONAL TRAINING			18.00
					KICKBOXEN		18.30
ABENDS	BOXEN	YOGA	BOXEN	ZIRKEL TRAINING			19.00
							19.30
			PERSONAL TRAINING	PERSONAL TRAINING			20.00
							20.30
			PERSONAL TRAINING				21.00
							21.30
							22.00

KURSPLAN DEZEMBER 2019

SPECIALS:

FR, 06.12., 18 Uhr Glühweintreff Sternschnuppenmarkt

SA, 07.12., 11 Uhr STRONG (by Zumba) mit Sylvie

SA, 14.12., 11 Uhr Outdoor Winter Special mit Sandra

DO, 19.12., 19 Uhr 90's Special Workout mit Sandra



YOGA



OUTDOOR



PERSONAL TRAINING



ATHLETIC KIDS



BOXEN



KICKBOXEN



COMBAT CROSS



ZIRKEL TRAINING



DEMMRICHFITNESS

PERSONALTRAINING • GROUPWORKOUT

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