


Kursplan Winter 2012

Fit7 Fitness

Quality fitness for less

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10.30-11.30 h Pilates	09.30-10.30 h Good Morning Bodytoning		09.30-10.30 h Good Morning Bodywork			
					11.30-12.30 h Step & Tone Level I-II	11.30-12.30 h Bodywork
						12.30-13.00 h Bauch Intensiv Alle 2 Wochen Siehe Aushang
				17.00-18.00 h Rückentraining		
18.00-19.00 h Cycling Level I	18.00-19.00 h Aerobic Level I-II	18.00-19.30 h Fatburner & Tone	18.00-19.00 h Fatburner	18.00-19.30 h Bodywork & Stretch/Relax	 <p>Fit 7 Fitness Kurskoordination: Christina Bischof</p>	
19.00-20.00 h Cycling Level II	19.00-20.00 h Langhantel - Workout	19.30-20.30 h Cycling Level I	19.00-20.00 h Bodywork			
19.00-20.00 h Bodytoning	20.00-21.00 h Tae Bo					