

Kursplan

19.02.2018 - 25.02.2018

Sportcenter Ägeri
Zugerstrasse 79
6314 Unterägeri
041 750 48 72
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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
08:15 - 08:45 Functional Training... Fitness Team	08:30 - 09:20 Indoor Cycling Virtuell	08:00 - 08:50 Yoga Luzia / Nadia	08:00 - 08:50 Iron System® Briana	08:15 - 08:45 Functional Training... Fitness Team	09:00 - 09:50 Pilates Zuri	09:00 - 09:50 Indoor Cycling Virtuell
08:45 - 09:00 Bauch Pur Fitness Team	09:00 - 09:50 Iron System® Alex	09:00 - 09:30 Functional Training... Fitness Team	09:00 - 09:50 Zumba Briana / Sonja	08:45 - 09:00 Bauch Pur Fitness Team	10:00 - 10:50 Zumba Rosa	
09:00 - 09:50 Body Toning Katja	09:00 - 09:50 Ballett Silja	09:00 - 09:50 Dance Fitness Briana	09:15 - 09:45 Functional Training... Fitness Team	09:00 - 09:50 Step Toning Karin		
10:00 - 10:50 Pilates Briana	10:00 - 11:15 Yoga Eva	09:30 - 09:45 Bauch Pur Fitness Team	10:00 - 10:50 Rückengymnastik Claire	09:00 - 09:50 Indoor Cycling Luzia		
12:10 - 12:40 Functional Training... Fitness Team	18:30 - 19:20 Pole Dance 3 (Pole... Briana	10:00 - 10:50 Pilates Zuri	10:00 - 10:50 Ballett Silja	10:00 - 10:50 Pilates Barbara		
14:00 - 14:50 Aktiv älter werden Claire / Marianna	18:30 - 19:20 Pilates Zuri	18:30 - 19:20 KamiBo® Briana	18:30 - 19:20 Yoga Barbara / Nadia			
18:30 - 19:20 Zumba Briana	18:30 - 19:20 Metabolic Fit Fitness Trainer	19:30 - 20:20 Zumba Rosa	19:30 - 20:20 Iron System® Erika			
19:30 - 20:20 Rückengymnastik Claire	19:30 - 20:20 Yoga Luzia	19:30 - 20:20 Pole Dance 2 (Pole... Yvonne A.	19:30 - 20:00 Faszientraining Fitness Team			
19:30 - 20:00 Functional Training... Fitness Team	19:30 - 20:20 Indoor Cycling Patrick	19:30 - 21:00 Indoor Cycling Andy				
19:30 - 21:00 Indoor Cycling Andy						
20:00 - 20:15 Bauch Pur Fitness Team						

- Fitness
- Gesundheit
- Kraft
- Körper
- Zumba

Stand: 24.02.2018