

# Kursplan

21.05.2018 - 27.05.2018

Sportcenter Ägeri  
Zugerstrasse 79  
6314 Unterägeri  
041 750 48 72  
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Montag 21.05.2018	Dienstag 22.05.2018	Mittwoch 23.05.2018	Donnerstag 24.05.2018	Freitag 25.05.2018	Samstag 26.05.2018	Sonntag 27.05.2018
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	
08:45 - 09:00 Bauch Pur Fitness Team	09:00 - 09:50 Iron System® Briana	09:00 - 09:30 Functional Training... Fitness Team	09:00 - 09:50 Zumba Rosa / 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	10:15 - 10:45 Challenger Workout Fitness Trainer	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 Pole Dance 3 ( Pole... Nadia	18:30 - 19:20 KamiBo® Briana	18:30 - 19:20 Yoga Barbara / Nadia	18:30 - 19:00 Challenger Workout Fitness Trainer		
18:30 - 19:20 Zumba Briana	18:30 - 19:20 Pilates Zuri	19:30 - 20:20 Zumba Rosa	18:30 - 19:00 Challenger Workout Fitness Trainer			
19:30 - 20:20 Rückengymnastik Claire	18:30 - 19:20 Bootcamp Fitness Trainer	19:30 - 20:20 Pole Dance 2 ( Pole... Yvonne A.	19:30 - 20:20 Iron System® Erika			
19:30 - 20:00 Functional Training... Fitness Team	19:30 - 20:20 Yoga Luzia	19:30 - 20:00 Challenger Workout Fitness Trainer	19:30 - 20:00 Faszientraining Fitness Team			
20:00 - 20:15 Bauch Pur Fitness Team						

■ Fitness     
 ■ Gesundheit     
 ■ Kraft     
 ■ Körper  
■ Zumba

Stand: 21.05.2018