

Fitnesskurse

MONTAG

09:00 – 09:50	Gym4life
18:00 – 18:50	Full Body Workout
19:00 – 20:00	Power Yoga

DIENSTAG

09:00 – 09:50	Gym4life
10:00 – 10:50	Full Body Workout
19:30 – 20:45	Yoga

MITTWOCH

09:00 – 09:50	Gym4life
10:00 – 10:50	Full Body Workout
18:00 – 19:00	Pilates
19:10 – 20:00	Zumba Fitness
20:10 – 21:00	Zumba Fitness

DONNERSTAG

12:15 – 13:05	Pilates
18:30 – 19:30	Pilates
19:45 – 20:45	Pilates

FREITAG

09:00 – 09:50	Gym4life
12:15 – 13:15	Fascial Moves



SPORTZENTRUM
HERISAU