

Trainingsplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
					10.45-11.45h Bodypump (Regula/Team)	
	12.30-13.20h Bootcamp (Ella/Team)	12.30-13.30h Bodypump (Regula)	12.15-13.15h AKB (Regula/ Deborah)		12.00-13.00h AKB (Team)	
17.30-18.25h Bodypump (Gaby)		17.30-18.15h KB meets BC (Yves)				
18.30-19.25h Bodypump (Regula)	18.00-19.15h Kickboxing (Phillippe)	18.15-19.15h AKB (Ella)	18.00-18.55h Bodypump (Dan)	18.00-18.55h Bodypump (Team)		
19.35-20.30h Power Yoga (Regula)	19.15-20.15h AKB (Stefania)	19.20-20.15h Bodypump (Gabi)	19.00-20.30h Kickboxing (Marco)	19.05-20.00h Body & Mind Power Yoga (Team)		

Stand: 01.01.2019