update Fitness Wil Glaswerk
Speerstrasse 11
9500 Wil Schweiz
Telefon071 952 63 11
Center Management: Yves

Gruppenfitnessplan update Fitness Wil Glaswerk

Montag , 20.10

09:15 - 10:10	18:15 - 18:45	19:00 - 19:55	19:00 - 19:55	20:05 - 21:00
Pilates	*P.I.I.T*	*Cycling*	*Pump*	*Rückenfit*
Astrid	Claude	Yves	Ramona	Claudia

Dienstag , 21.10

09:00 - 09:55	10:00 - 10:55	19:00 - 19:55	20:00 - 20:55
BBP (Bauch, Beine, Po) / Bodytone	*Deep Stretch*	*Fitboxe*	*Power Yoga*
Andrea	Andrea	Arlette	Klaudia

Mittwoch , 22.10

08:30 - 09:25	09:35 - 10:30	18:30 - 19:25
Pilates	*Pump*	*Pump*
Andrea	Jasmin	Sandy

Donnerstag , 23.10

09:00 - 09:55	10:00 - 10:55	18:00 - 18:55	19:05 - 20:00	20:15 - 21:10
Zumba	*Yoga*	*Zumba*	*Fitboxe*	*Cycling*
Petra	Nevin	Petra	Sandy	Sandra

Freitag , 24.10

08:30 - 09:25	09:30 - 10:25
Yoga	*BBP (Bauch, Beine, Po) / Bodytone*
Michaela	Diana

Samstag , 25.10

Sonntag , 26.10