update Fitness Amriswil
Weinfelderstrasse 74
8580 Amriswil Schweiz
Telefon071 410 22 77
Center Management: Manu

Gruppenfitnessplan update Fitness Amriswil

Montag , 05.12

08:00 - 08:55	09:05 - 09:35	09:35 - 10:05	10:05 - 10:35	12:00 - 12:55	18:00 - 18:55	19:00 - 19:55
Pump Manu	*Pump i.t.* Manu	*P.I.I.T* Manu	*Fighttime 30'* Manu	*Pump* Manu	*Cycling* Patrick	*BBP (Bauch, Beine, Po) / Bodytone* Monica

Dienstag , 06.12

18:00 - 18:55	19:05 - 20:00
Pilates Petra	*Fitboxe* Rebecca

Mittwoch , 07.12

08:00 - 08:55	09:05 - 10:00	18:00 - 18:55	19:00 - 19:55
Pump Manu	*Fitboxe* Manu	*Cycling* Patrick	*Pump* Erika

Donnerstag , 08.12

18:00 - 18:55	19:00 - 19:55
Pilates Monica	*Functional Workout* Monica

Freitag , 09.12

08:00 - 08:55	09:05 - 10:00	17:30 - 18:25
Rückengymnastik Manu	*Pump* Manu	*Pump* Erika

Samstag , 10.12

09:00 - 09:55
update Akademie Pump Release Manu

Sonntag , 11.12