KURSPLAN GROUPFITNESS

LIFETRAINING by Fabio

ZEIT	MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
	HALLE 1	HALLE 2	HALLE 1	HALLE 2	HALLE 1	HALLE 2	HALLE 1	HALLE 2	HALLE 1	HALLE 2	HALLE 1	HALLE 2	HALLE 1	HALLE 2
09.30		09.30-10.30 FITNESS-PARCOURS		09.30-10.30 STRENGTH TRAINING		09.30-10.30 CROSS-TRAINING	09.30-10.30 INTRO			09.30-10.30 FITNESS-PARCOURS		09.00-10.00 HYROX		1. Sonntag im Monat
												10.00-11.00 SPEZIAL TRAINING		10.00-11.00 HYROX
11.00														
12.15		12.15-13.15 CROSS-TRAINING		12.15-13.15 CROSS-TRAINING		12.15-13.15 CROSS-TRAINING		12.15-13.15 FITNESS-PARCOURS		12.15-13.15 CROSS-TRAINING				12.00-17.00 OPEN GYM
												14.00-18.00 OPEN GYM		
17.00				17.00-18.00 CROSS-TRAINING		17.00-18.00 WEIGHT-LIFTING		17.00-18.00 CROSS-TRAINING		17.00-18.00 CROSS-TRAINING				
		17.30-18.30 FITNESS-PARCOURS												
18.00				18.00-19.00 CROSS-TRAINING		18.00-19.00 CROSS-TRAINING		18.00-19.00 FITNESS-PARCOURS		18.00-18.30 TABATA				
		18.30-19.30 CROSS-TRAINING							18.30-19.30 INTRO					
19.15	18.45-19.45 INTRO		19.00-20.00 INTRO	19.00-20.00 HYROX	19.15-20.15 LIFE TRAINING	19.00-21.00 OPEN GYM		19.00-20.00 HYROX		18.30-21.00 OPEN GYM				
20.15		19.30-21.00 OPEN GYM		20.00-21.00 OPEN GYM				20.00-21.00 OPEN GYM						

LIFE TRAINING Fortgeschrittene	OPEN GYM Freies Training	CROSS-TRAINING	FITNESS-PARCOURS	WEIGHT-LIFTING Technik	STRENGTH TRAINING Krafttraining	INTRO LIFETRAINING Einsteiger	HYROX Kraft / Intervall Ausdauer Training	SPEZIAL TRAINING Team Workout	TABATA HIT hochintensives Training

OPEN GYM: Der Trainingsraum steht ausserhalb der Kurszeiten zur Verfügung.

Wichtig: Bei allen Lektionen ist eine Anmeldung erforderlich

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