

Kursplan

10.06.2019 - 16.06.2019

ENERGYM
Mozartstraße 33
73072 Donzdorf
07162 947 6505
info@ener-gym.de



Montag 10.06.2019	Dienstag 11.06.2019	Mittwoch 12.06.2019	Donnerstag 13.06.2019	Freitag 14.06.2019	Samstag 15.06.2019	Sonntag 16.06.2019
17:00 - 18:15 Freies Training	09:00 - 10:00 Functional	17:30 - 18:45 Freies Training	17:00 - 18:00 ENERGYM Strength	17:00 - 19:15 Freies Training	09:00 - 10:00 Functional	09:00 - 10:00 cross workout
17:00 - 18:00 Functional Pro	17:00 - 18:00 Functional	17:30 - 18:30 Pimp Your Body	18:00 - 19:30 Freies Training	17:00 - 18:00 TRX	10:15 - 11:15 Faszien / Mobility	10:15 - 11:15 ENERGYM Athletik
18:15 - 19:15 Tabata Strength	18:15 - 19:15 ENERGYM Athletik	18:45 - 19:45 Tabata	18:15 - 19:15 Strong by Zumba	18:15 - 19:15 Functional		
19:30 - 20:30 Faszien / Mobility	19:15 - 20:30 Freies Training		19:30 - 20:30 ENERGYM Athletik	19:30 - 20:30 Fitnessboxen		
	19:30 - 20:30 TRX					

- ENERGYM Athletik...
- Faszien / Mobili...
- Fitnessboxen
- Freies Training
- Functional
- Functional Pro
- Pimp Your Body
- Strong by Zumba
- TRX
- Tabata Strength
- cross workout

Stand: 16.06.2019