

GROUP FITNESS KURSE / GROUP FITNESS CLASSES
 STANDORT / LOCATION: CREDIT SUISSE PANORAMA / HORGEN

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
07.00					
11.00					
12.00	PILATES OKSANA 12.00-13.00	M.A.X.® VS. 6-PACK VALERIE 12.00-13.00	BODY TONING PATRICIA 12.00-12.50	GRIT®PLYO PATRICIA 12.15-12.45	YOGA ELSPETH/MARCEL 12.00-13.00
13.00					
17.00	BODY SHAPE MARC 17.30-18.30	CYCLING JACQUELINE 17.30-18.30	PUMP CHRIS 17.45-18.45	ZUMBA® OANA 17.30-18.30	
18.00					
19.00					