

GROUP FITNESS KURSE / GROUP FITNESS CLASSES
 STANDORT / LOCATION: CREDIT SUISSE TOWER / OERLIKON

ZEIT	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
07.00					
11.00					
12.00		MINDFULNESS MEDITATION * SANDRO 12.10-13.10		NORDIC WALKING 11.45-13.00 DANIEL	
OUTDOOR	BOOT CAMP PEPE 12.00-13.00			BOOT CAMP PEPE 12.00-13.00	
13.00					
17.00					
18.00					
19.00					

*ZRH CST FL6m251 - Mannheim / Tower 1