


# Kursplan

11.02.2019 - 17.02.2019

**Xsund + Fit**  
 Riedwiesenstrasse 3  
 8305 Dietlikon  
 044 888 11 11  
 info@xsundundfit.ch



Montag 11.02.2019	Dienstag 12.02.2019	Mittwoch 13.02.2019	Donnerstag 14.02.2019	Freitag 15.02.2019	Samstag 16.02.2019	Sonntag 17.02.2019
09:00 - 09:55 Jump Trampolin Ana	09:00 - 09:55 TRX Barbara	09:00 - 09:55 Beckenboden & Rücke... Ursi	09:00 - 09:55 Pilates Ursi	09:00 - 09:55 Step & Tone Ana	09:45 - 10:40 Bodypump Valerie	10:00 - 10:55 Bodytoning Team
09:15 - 09:45 Cycling Esthi	10:05 - 11:00 Jump Trampolin Fabian	09:15 - 10:00 Cycling Tamara	10:05 - 11:00 Bodytoning Fabian	17:00 - 17:55 Yoga Georg		11:00 - 12:00 Cycling Team
10:05 - 11:00 Yoga Georg	17:30 - 18:25 Intervall Toning Daniela	10:05 - 11:00 Step & Tone Corina	18:00 - 18:55 Intervall Toning Daniela			11:00 - 11:55 Powerfit Team
12:15 - 13:00 Cycling Reto	18:30 - 19:30 Cycling Karin / Ramona	18:00 - 18:55 M.A.X & Core Diana	18:30 - 19:30 Cycling Sibille			
17:30 - 18:25 Toning Veronika	18:30 - 19:25 Jump Trampolin Fabian	18:00 - 18:45 Cycling Reto	19:00 - 19:55 Pilates Daniela			
18:30 - 19:15 Cycling Gaby	19:30 - 20:25 Bodytoning Fabian	19:00 - 19:55 TRX	20:00 - 20:55 Bodytoning Fabian			
18:30 - 19:25 Bodypump Diana		20:00 - 20:55 Bauchtanz Anisa				
19:30 - 20:25 Step & Tone Corina						

Stand: 15.02.2019

neue Kategorie