

GROUP-FITNESS KURSPLAN

KRAFT	CARDIO	HEALTH
pure outdoor pure boxing pure HOT IRON®	pure cycling	pure pilates pure health pure fit

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
06:00 - 07:00				pure cycling (Fränzi/Philipp)			
07:00 - 08:00							
08:00 - 09:00							
09:00 - 10:00	pure health (Veronica)	pure pilates (Jil)	pure health (Veronica)	pure pilates (Jil)			
10:00 - 11:00						pure boxing (Gianni)	
11:00 - 12:00							
12:00 - 13:00		pure boxing* (Veronica)	pure core* (Patric)		pure outdoor* (Patric)		
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00	pure boxing (Gianni)	pure HOT IRON® (Sandra)	pure boxing (Nelson)	pure pilates (Lina)	pure HOT IRON® (Kristin)		
19:00 - 20:00		pure boxing (Valentina)	pure fit		pure boxing (Gianni)	pure boxing (Gianni)	
20:00 - 21:00		pure outdoor (Gianni)		pure outdoor (Marc)			

*12.15-13.15 Uhr

*12.15-12.45 Uhr

*12.15-13.15 Uhr