

FSZ-Sommerferienplan 31.07. - 10.09.2023

Montag			Dienstag			Mittwoch			Donnerstag			Freitag bis Ende Sep !			Sonntag		
GYM 1	GYM 2	GYM 3	GYM 1	GYM 4	Outdoor	GYM 1	GYM 2	GYM 3	GYM 1	GYM 2	GYM 3/4	GYM 1	GYM 2	GYM 3	GYM 1	GYM 2	GYM 4
9:30 Rücken Fit			9:00 Rücken Fit			9:30 Basic-Step			9:30 Step						10:00 Step		10:00 Cycling
10:30 Fit 50 +			10:00 Pilates			10:30 Fit 50 +			10:30 Fit 50 +						11:00 Body Style		
17:30 Rücken Fit	17:30 Body-Style							18:00 Jumping Fitness	17:30 RückenFit			17:00 PowerMix					
18:30 F-Step	18:30 Stretch	18:30 Jumping Fitness	18:00 Aerobic Bodystyle	18:30 Cycling	18:00 Basic Challenge	19:00 Zumba			18:30 TRX		18:00 Jumping Fitness	18:00 Step					
19:30 PowerMix			19:00 Step		19:00 Advanced Challenge	20:00 Body & mind Balance			20:00 Yoga		19:30 Cycling	19:00 Stretch					

