

# Kursplan

22.05.2023 - 28.05.2023

Fitness Zentrum Wetzikon  
Breitstrasse 21  
8623 Wetzikon  
044 930 22 44  
box@fzw.ch



Montag 22.05.2023	Dienstag 23.05.2023	Mittwoch 24.05.2023	Donnerstag 25.05.2023	Freitag 26.05.2023	Samstag 27.05.2023	Sonntag 28.05.2023
09:00 - 09:50 BODYPUMP Luki	09:00 - 09:50 GYMNA Franziska	09:00 - 09:50 MOVE 'N TONE Marta	09:00 - 09:50 GYMNA Franziska	09:00 - 09:50 MOVE 'N TONE Marta	09:30 - 10:20 BODYPUMP Gaby	
10:00 - 10:50 Yoga Gaby	10:00 - 10:50 BODYTONE Gaby	10:00 - 10:50 PILATES Tanja	10:00 - 10:50 ZUMBA Marta	10:00 - 10:50 BOOTCAMP Christian	10:30 - 11:20 Yoga Gaby	
14:00 - 14:50 BODYTONE Tania	18:00 - 18:50 BOOTCAMP Christian	18:00 - 18:50 Yoga Gaby	14:00 - 14:50 Yoga Gaby	13:30 - 14:20 GYMNA Franziska		
18:00 - 18:50 PILATES Tanja	19:00 - 19:50 BODYPUMP Jennifer	19:00 - 19:50 Yoga Gaby	18:00 - 18:50 ZUMBA Marta	18:00 - 18:50 BOOTCAMP Arun		
19:00 - 19:50 ZUMBA Marta			19:00 - 19:50 BODYPUMP Jennifer			

- Bodypump
- Bodytone
- Bootcamp
- Gymna
- Move 'n Tone
- Pilates
- Yoga
- Zumba

Stand: 28.05.2023