

Kursplan: Gymhalle

18.11.2024 - 24.11.2024

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



Montag 18.11.2024	Dienstag 19.11.2024	Mittwoch 20.11.2024	Donnerstag 21.11.2024	Freitag 22.11.2024	Samstag 23.11.2024	Sonntag 24.11.2024
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 BOOTCAMP 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 BODYFIT Gaby	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			

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

Stand: 21.11.2024