

# Aerobic Trainingskurse 2017/2018



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00-10:00 BBP Margit		09:00-10:00 Pilates Timea		09:00-10:00 Body Training Sonja
10:00-11:00 Rückenfit Margit		10:00-11:00 Bodystyling Timea		
	18:00-19:00 Functional Fit Philipp	17:30-18:30 Fitmix Alex	18:00-19:00 Functional Fit Philipp	18:00-19:00 Tae Bo Alexandra
				19:00-20:00 Zumba Alexandra

PTS - Professional Training System | 0676 / 57 47 690 | office@protrainingsystem.at |  
www.protrainingsystem.at

Plan gültig ab 20.11.2017