

# Aerobic Trainingskurse 2017/1018



Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:00-10:00 BBP Margit		09:00-10:00 Pilates Timea	09:00-10:00 Mum-Fit Christoph	09:00-10:00 Body Training Sonja
10:00-11:00 Rückenfit Margit		10:00-11:00 Bodystyling Timea	10:00-11:00 Myofasziales Beweglichkeitstraining Christoph	
	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

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Plan gültig ab 02.10.2017



