



Ihr Fitnessclub in Ettingen
Brühlstrasse 11, Telefon: 061 721 04 33

MONTAG 16.11.20	DIENSTAG 17.11.20	MITTWOCH 18.11.20	DONNERSTAG 19.11.20	FREITAG 20.11.20	SAMSTAG 21.11.20
	08.00 - 08.55 Antara				
08.45 - 09.40 BBP	09.15 - 10.00 Power Tone	08.45 - 09.40 Dance Aerobic	08.45 - 09.40 BBP	08.45 - 09.40 Muscle Work	
10.00 - 10.55 Muscle Work		10.00 - 10.55 Toning	10.00 - 10.55 Group Aerobic	10.05 - 11.00 Yoga	10.00 - 11.00 Antara
18.15 - 18.45 Power Rücken	17.45 - 18.40 Pilates	18.00 - 18.45 Power Tone/Bauch	18.00 - 18.50 Yoga		
19.00 - 19.50 Fitboxen	19.00 - 19.55 Group Aerobic	19.00 - 19.50 Fitboxen	19.05 - 19.50 Toning		
20.05 - 20.55 Aroha		20.05 - 20.55 Pilates	20.05 - 21.00 Muscle Work	Gültig vom 16.11.20 - 21.11.20	