

Kursplan INFINITI Fitness

INFINITI
FITNESS

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09.00 – 10.00 Functional Gymnastics	08.00 – 08.30 Morning Boost	09.00 – 10.00 Yoga Flow	08.30 – 09.30 TRX	08.00 – 08.30 Morning Boost	8.00-9.00 Street Fit	09.30 – 10.30 Bootcamp
12.00 – 13.00 Bootcamp	08.30 – 09.00 Stretching	12.00 – 13.00 Bootcamp	09.30 – 10.30 Pilates	08.30 – 09.30 Power Yoga	9.00-10.00 Cycling	10.30-11.30 Yogilates
18.00 – 19.00 Rückenfit	09.30 – 10.30 Body Toning	18.30 – 19.00 M.A.X.	18.15 – 19.15 Yoga	9.30-10.30 Fun Tone	10.00 – 11.00 H.I.I.T	
19.00 – 20.00 TRX	12.00 -13.00 TRX	19.00 – 20.00 PUMP	19.15-20.15 Cycling	10.30-11.30 Bodega Moves	11.00 – 11.30 Dehnübungen	
20.00 – 21.00 BBP Burn!	18.15 – 19.15 Pilates	20.00 – 21.00 Zumba	20.15 – 21.15 Fit-Boxen	12.00 – 13.00 H.I.I.T		
	19.15 -20.15 TRX Strong			19.00 – 20.00 Bootcamp		
	20.15 – 21.15 Fit-Boxen					

Alle Kurse mit Online-Anmeldung auf
www.infiniti-fitness.ch