

# Kursplan

18.10.2021 - 24.10.2021

fitnesshaus by blugym  
Im alten Riet 22  
9494 Schaan  
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info@fitnesshausbyblugym.li



Montag 18.10.2021	Dienstag 19.10.2021	Mittwoch 20.10.2021	Donnerstag 21.10.2021	Freitag 22.10.2021	Samstag 23.10.2021	Sonntag 24.10.2021
06:30 - 07:00 Sixpack	08:30 - 09:30 BodyStep	08:30 - 09:15 BBP	08:30 - 09:30 Rücken Fit	06:30 - 07:30 Spinning	09:15 - 10:15 Zumba	
07:00 - 07:30 Stretching & Mobili...	18:00 - 18:30 BodyIntensic	09:15 - 09:45 Mobility	18:00 - 19:00 TrampolinFit	08:30 - 09:15 CardioAttack		
08:30 - 09:30 Pilates	18:30 - 19:00 Straffer Po	18:00 - 19:00 Yoga	19:00 - 20:00 BodyIntensic	09:15 - 09:45 Sixpack		
18:00 - 19:00 BBP	19:00 - 20:00 Pilates	19:00 - 20:00 Spinning				
19:00 - 20:00 PowerWorkout						
20:00 - 21:00 Spinning						

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Stand: 18.10.2021