

Kursplan

06.07.2020 - 12.07.2020

FitZ
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Montag 06.07.2020	Dienstag 07.07.2020	Mittwoch 08.07.2020	Donnerstag 09.07.2020	Freitag 10.07.2020	Samstag 11.07.2020	Sonntag 12.07.2020
<p>07:15 - 08:15 Strength</p> <p>10:00 - 11:00 Mobility</p> <p>18:00 - 19:00 Strength</p>	<p>18:00 - 19:00 Movement</p> <p>19:00 - 20:00 Strength</p>	<p>07:15 - 08:15 Mobility</p> <p>10:00 - 11:00 Strength</p> <p>18:00 - 19:00 Mobility</p> <p>20:00 - 21:00 Strength</p>	<p>18:00 - 19:00 Strength</p> <p>19:00 - 20:00 Movement</p>	<p>17:00 - 18:00 Movement</p> <p>18:00 - 19:00 Burn</p>	<p>15:00 - 16:00 Movement</p>	<p>12:00 - 13:00 Mobility</p>

■ Beratungsgespräch...
■ Strength

■ Burn

■ Mobility

■ Movement

Stand: 08.07.2020