

# GROUPFITNESSPLAN

Ab 3.11.2021

## TRIBSCHEN TRAINING

Luzern

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
06.15	Yoga		Intervall & Core			
08.00		Bodytoning				
08.15						Spinning
09.00	Pilates	Yoga		Bodytoning		
09.30						TRX
12.10	H.A.R.D.-Core (30 Min)	RoXX	Spinning		Power-Pump	
17.40	Power-Pump	TRX		Yoga		
18.00			<b>Pilates</b>			
18.45	Spinning	Zumba				
19.00				RoXX		

NEU

