

# GROUPFITNESSPLAN

## TRIBSCHEN TRAINING

Luzern

13. März – 31. Mai 2019

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
06.15	Yoga		Intervall & Core			
08.00		Bodytoning	NEU			
09.00	Pilates	Yoga		Bodytoning		
09.15						TRX
10.15						Spinning
12.05	T-ENERGY Functional Training	RoXX	T-ENERGY Functional Training		T-ENERGY Functional Training	
12.10	H.A.R.D.-Core (30 Min)			BBP (30 Min)	Power-Pump	
12.15			Spinning			
14.00					T-Bow Pilates	
17.35	Power-Pump	TRX	Power-Pump	Yoga		
18.40	Spinning	Zumba	Pilates			
18.50				RoXX		
19.15	T-ENERGY Functional Training		T-ENERGY Functional Training		T-ENERGY Functional Training	
19.45	Spinning	Spinning	T-ENERGY Functional Training			



Lektion à 55 und 30 Minuten / Änderungen vorbehalten.

f @ y /tribschentraining

tribschen-training.ch