

# GROUPFITNESSPLAN

**TRIBSCHEN  
TRAINING**  
*Luzern*

1. September 2018 – 31. Mai 2019

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
06.15	Yoga					
08.00		<b>Bodytoning</b>				
09.00	Pilates	Yoga		Bodytoning		
09.15						TRX
10.15						Spinning
12.05	<b>T-ENERGY</b> Functional Training	RoXX	<b>T-ENERGY</b> Functional Training		<b>T-ENERGY</b> 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		Yoga		
18.40	Spinning	Zumba	Pilates	RoXX		
19.15	<b>T-ENERGY</b> Functional Training		<b>T-ENERGY</b> Functional Training		<b>T-ENERGY</b> Functional Training	
19.45	Spinning	Spinning	<b>T-ENERGY</b> Functional Training		H.A.R.D.-Core (30 Min)	

Zusatz  
Kurs

Neue  
Zeit!

