

# Kursplan

11.12.2017 - 17.12.2017

**No Limit**  
 Traunfeldstr. 7  
 4663 Laakirchen  
 07613 21900  
 fitness@no-limit.co.at



Montag 11.12.2017	Dienstag 12.12.2017	Mittwoch 13.12.2017	Donnerstag 14.12.2017	Freitag 15.12.2017	Samstag 16.12.2017	Sonntag 17.12.2017
<div style="background-color: #0070C0; color: white; padding: 5px; border-radius: 5px;">17:30 - 18:25 DeepWork</div> <div style="background-color: #0070C0; color: white; padding: 5px; border-radius: 5px;">18:30 - 19:25 Happy Step</div>	<div style="background-color: #00B050; color: white; padding: 5px; border-radius: 5px;">17:00 - 17:55 Beweglichkeitstrain...</div> <div style="background-color: #D9534F; color: white; padding: 5px; border-radius: 5px;">18:00 - 18:55 IRON SYSTEM</div> <div style="background-color: #D9534F; color: white; padding: 5px; border-radius: 5px;">18:00 - 18:55 Functional Training...</div> <div style="background-color: #C47A3B; color: white; padding: 5px; border-radius: 5px;">19:00 - 20:15 Power Yoga</div>	<div style="background-color: #00B050; color: white; padding: 5px; border-radius: 5px;">09:15 - 10:15 Rückenfit &amp; Co.</div> <div style="background-color: #00B050; color: white; padding: 5px; border-radius: 5px;">18:00 - 18:55 Move your Body</div> <div style="background-color: #0070C0; color: white; padding: 5px; border-radius: 5px;">19:00 - 19:55 HIIT Intervall</div>	<div style="background-color: #D9534F; color: white; padding: 5px; border-radius: 5px;">18:00 - 18:55 Schigymnastik</div> <div style="background-color: #D9534F; color: white; padding: 5px; border-radius: 5px;">19:00 - 19:55 bodyART</div>	<div style="background-color: #D9534F; color: white; padding: 5px; border-radius: 5px;">09:15 - 10:15 Bodystyling</div>		

- Ausdauer
- Rücken & Gesundh...
- Dance & Fun
- Kraft
- Körper & Entspan...

Stand: 11.12.2017