

Kursplan

16.10.2017 - 22.10.2017

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



| Montag 16.10.2017 | Dienstag 17.10.2017 | Mittwoch 18.10.2017 | Donnerstag 19.10.2017 | Freitag 20.10.2017 | Samstag 21.10.2017 | Sonntag 22.10.2017 |
|---|--|---|--|---|--------------------|--------------------|
| <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: #0070C0; 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 & Co.</div> <div style="background-color: #0070C0; 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: #0070C0; color: white; padding: 5px; border-radius: 5px;">19:00 - 19:55 Functional Training...</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: 17.10.2017