

Good Vibration Studio

Öffnungszeiten

Mo bis Fr 9 -12 Uhr und 15 - 20 Uhr

Sa 10 -12 Uhr



Kursplan Functional Training

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

09.30 - 10.00	TRX		TRX	Bungee Fitness		CrossTraining (45 Min)
10.00 - 10.30	Bungee Fitness		Bungee Fitness	Functional Fitness Soft Tool Circuit		
11.00 - 11.30		TRX				TRX
15.30 - 16.00	TRX	TRX	TRX	TRX		
16.00 - 16.30	Bungee Fitness		Bungee Fitness			
17.00 - 18.00	TRX	Bungee Fitness/ TRX	TRX / Bungee Fitness	TRX / Bungee Fitness	TRX	
18.00 - 19.00	Functional Fitness Soft Tool Circuit	Functional Fitness Soft Tool Circuit	TRX / Bungee Fitness	TRX / Bungee Fitness	Functional Fitness Athletic	
19.00 - 20.00	Functional Fitness Athletic	Functional Fitness Athletic	Functional Fitness Prävention	Functional Fitness Soft Tool Circuit		

Ernährungs- und Hypnose Seminare nach Ankündigung