

TEAM TEACH SPECIAL

SAMSTAG, 25. NOVEMBER

Fitnesspark Heuwaage

9.15 Uhr	Zumba	75' TT*	G1	Maxi & Clarice
10.15 Uhr	Aqua Power	75' TT*	Pool	Caroline & Ruth
10.45 Uhr	Dance 2	75' TT*	G1	Sibylle & Francoise
12.15 Uhr	Best of myPower	50' TT*	G1	Päuli & Sabrina C.
13.15 Uhr	Tae Bo	75' TT*	G1	Jessy & Olivia G.
15.00 Uhr	Jumping meets Functional	75' TT*	G1	Claudia & Jeannette
15.15 Uhr	Indoor Cycling	90' TT*	G2	Nathalie I. & Röbi

Fitnesscenter Frenkendorf

10.00 Uhr	TRX Core & More	75' TT*		Myriam & Sascha
-----------	-----------------	---------	--	-----------------

Fitnesscenter Aquabasilea

10.00 Uhr	Tae Bo	75'	G1	Teo
10.00 Uhr	Functional Training	75' TT*	G2	Lorna & Yannic

Fitnesscenter Niederholz

9.30 Uhr	Jumping meets Functional	75' TT*		Jeannette & Giovanna
11.00 Uhr	Rückenpower & Faszientraining	75' TT*		Giovanna & Marcela
12.30 Uhr	deepWORK & BodyART	75' TT*		Marcela & Christine

* TT: Team Teach

MIGROS

FITNESS



migrosfitnesscenter.ch

WELLNESS

Heuwaage | Frenkendorf | Im Aquabasilea | Niederholz