



FINE FITNESS

0176 – 11 12 2015



FINE FITNESS

Trainingszeitenübersicht Fitness

www.fine-fitness.de

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
Functional Fitness Teens 16:45 – 17:30	CrossFit Fortg. 19:00 – 20:00	CrossFit Mixed (Mind. 4) 07:30 – 08:30	CrossFit Einst. 19:00 – 20:00	CrossFit Mixed 11:00 – 12:00	Functional Fitness 10:00 – 11:00
Functional Fitness 18:00 – 19:00	CrossFit Einst. 20:00 – 21:00	CrossFit Mixed 18:00 – 19:00	CrossFit Fortg. 20:00 – 21:00	Functional Fitness Teens 16:45 – 17:30	Lauftraining 11:00 – 12:00
Gewichtheben 19:00 – 20:00				Yoga (Mind. 4) 17:00 – 18:00	

Stand: 09.11.2018