



Body Forming for Ladies

Fitness, Massages & Slimming

Wochenplan Body Forming

Dana Stringer | +41 76 345 08 17 | Gültig ab 7. Januar 2019

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09:15 – 10:15	Step Aerobics			Body Forming	Step Aerobics
10:15 – 11:15	Body Forming			Step Interval (Beginners)	Body Forming
19:00 – 20:00		Body Forming		H.I.I.T. (Christine)	
20:00 – 21:00		Konditionskurs		Body Forming	

Sponsor:

Stringer & Partners AG | Versicherungen & Treuhand

www.stringer.ch | Telefon +41 61 511 08 70