

UNSER ANGEBOT

- TRAINING IN KLEINGRUPPEN
- ATHLETIKTRAINING
- PERSONAL TRAINING
- PHYSIOTHERAPIE
- MEDIZINISCHE TRAININGSTHERAPIE
- MASSAGE

UNSER TRAININGSPLAN

MONTAG

07.30 – 17.15 Open Gym
17.15 – 18.15 60' Overall Performance
18.15 – 19.15 60' Overall Performance
19.15 – 20.00 Open Gym

DONNERSTAG

07.30 – 18.00 Open Gym
18.00 – 19.00 60' Overall Performance
19.00 – 20.00 60' Overall Performance

DIENSTAG

07.30 – 20.00 Open Gym
19.00 – 20.00 Vinyasa Yoga

FREITAG

07.30 – 20.00 Open Gym

MITTWOCH

07.30 – 17.15 Open Gym
17.15 – 18.15 60' Energy System
Development
18.15 – 19.15 60' Overall Performance
19.15 – 20.00 Open Gym

SAMSTAG

07.30 – 10.00 Open Gym
10.00 – 11.00 60' Energy System
Development
11.00 – 12.00 60' Overall Performance
12.00 – 13.30 Open Gym