

KURSPLAN RNB www.rnb-moves.ch



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

Wir bitten Sie, die Kurse online (via Homepage) oder per SMS zu buchen.

9.00-9.45
Studio 2
TRX Training 1

10.00-10.45
Studio 2
TRX Training 2

10.00-11.00 Studio 1
**POUNDS KIDS
GENERATION**

17.30-18.15
Studio 1
JUMPING KIDS

17.00-18.00
5-8 J.
OUTDOOR KIDS

18.00-19.00
**OUTDOOR
TRAINING**

18.00-19.00
Studio 1
RÜCKENTRAINING

18.00-19.00
**OUTDOOR
TRAINING**

18.15-19.15
9-14 j.
OUTDOOR KIDS

18.00-18.45
Studio 2
TRX Training 1

18.30-19.30
Studio 1
JUMPING OUTDOOR

18.15-19.15
Studio 2
ZUMFIT für Einsteiger

19.00-19.45
Studio 2
TRX Training 2

18.30-19.30
Studio 1
ZUMBA

20.00-21.00
**ZUMFIT in
SCHWARZENBERG**