

# Kursplan

12.03.2018 - 18.03.2018

Fit Hit Fitnessstudio  
 Salzburger Straße 22  
 5550 Radstadt  
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 info@fithit.at



Montag 12.03.2018	Dienstag 13.03.2018	Mittwoch 14.03.2018	Donnerstag 15.03.2018	Freitag 16.03.2018	Samstag 17.03.2018	Sonntag 18.03.2018
<div style="background-color: red; color: white; padding: 5px; margin-bottom: 5px;">08:30 - 09:30 Bodywork</div> <div style="background-color: red; color: white; padding: 5px; margin-bottom: 5px;">09:15 - 10:15 Sigi's Special</div> <div style="background-color: red; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Bodywork</div> <div style="background-color: blue; color: white; padding: 5px;">20:00 - 20:30 Dehnen &amp; Entspannen...</div>	<div style="background-color: blue; color: white; padding: 5px; margin-bottom: 5px;">09:15 - 10:15 Rücken - Pilates</div> <div style="background-color: red; color: white; padding: 5px; margin-bottom: 5px;">19:00 - 20:00 Bodywork</div> <div style="background-color: blue; color: white; padding: 5px;">20:00 - 20:30 Faszientraining Ursula</div>	<div style="background-color: green; color: white; padding: 5px; margin-bottom: 5px;">08:15 - 09:15 Step</div> <div style="background-color: blue; color: white; padding: 5px; margin-bottom: 5px;">09:15 - 10:15 Rücken - Pilates</div> <div style="background-color: yellow; color: black; padding: 5px; margin-bottom: 5px;">18:00 - 19:00 Indoor Cycling</div> <div style="background-color: blue; color: white; padding: 5px;">18:30 - 19:45 Yoga</div>	<div style="background-color: red; color: white; padding: 5px; margin-bottom: 5px;">18:30 - 19:00 Complex Core</div> <div style="background-color: yellow; color: black; padding: 5px;">19:00 - 20:15 Indoor Cycling</div>	<div style="background-color: blue; color: white; padding: 5px;">08:15 - 09:45 FIT mit Gitti</div>		

Ausdauer
  Gesundheit
  Kraft
  Tanz

Stand: 17.03.2018