

LES MILLS Quarterly

Datum: 3./4. März 2012
 Ort: David Gym AG
 Letzigraben 165, 8047 Zürich



Samstag, 3. März 2012

| Reg | Zeit | Group Fitness Raum 2 | Group Fitness Raum 1 |
|-------|--|---|--|
| 08:30 | 08:30 | BODYPUMP® Nr. 1201-1-1 Chantal, Sabrina Education: 08:30 - 09:00 Masterclass 09:00 - 10:00 | |
| | 10:00 | | |
| | 10:10 | BODYPUMP® Nr. 1201-1-2 Daniela, Roman Education: 10:10 - 10:40 Masterclass 10:40 - 11:40 | RPM® Nr. 1201-4-1 Education 10:10 - 10:40 Masterclass 10:40 - 11:25 Fabrizio |
| | 11:40 | | |
| | 11:50 | BODYSTEP® Nr. 1201-6-1 Nicole, Nathaly, Sabine Education: 11:50 - 12:20 Masterclass 12:20 - 13:20 | BODYVIVE® Nr. 1201-8-1 Chantal Education 11:50 - 12:20 Masterclass 12:20 - 13:20 |
| | 13:20 | | |
| | 13:30 | CXWORX® Nr. 1201-10-1 Sabine, Roman Education 13:30 - 14:00 Masterclass 14:00 - 14:30 | |
| | 14:30 | | |
| 14:40 | BODYATTACK® Nr. 1201-5-1 Nathaly, Alberto Education 14:40 - 15:10 Masterclass: 15:10 - 16:10 | | |
| 16:10 | | | |
| 16:20 | BODYPUMP® Nr. 1201-1-3 Chantal, Sabrina Education: 16:20 - 16:50 Masterclass 16:50 - 17:50 | | |
| 17:50 | 17:50 | | |

