

Smart-WORKOUT GROUP



Smart WORKOUT
 NEXT LEVEL FITNESS CLUB
 FITNESS & VITAL LOUNGE

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

Wake up Spin
6:45 - 7:30

Spinning
8:30 - 9:15

Wake up Spin
6:45 - 7:30

Visionbody EMS
Probetraining
Nach Vereinbarung!

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Probetraining
Nach Vereinbarung!

Forever Young
8:30 - 9:30

Smart-PUMP
9:30 - 10:20

Rücken + Faszien
8:30 - 9:30

Bauch, Beine, Po
8:30 - 9:30

Body Fit
10:00 - 11:00

Smart-Power SPIN
9:15 - 10:15

Rücken + Faszien
9:30 - 10:20

Pilates
9:30 - 10:30

Faszien
10:20 - 10:45

Body Art Soft
9:30 - 10:30

Super Spin 90
9:30 - 11:00

ZUMBA Club
11:00 - 12:00

Smart-Body-Art
meets Deep Work
10:30 - 11:30

Gültig ab 29.10.2018

www.smart-workout.de

Yogalates
17:30 - 18:30

Dance Party
18:00 - 18:55

Pilates
17:00 - 17:55

Bodyforming
mit Trampolin
17:30 - 18:30

Endurance SPIN
17:30 - 18:25



Smart-PUMP
18:30 - 19:30

HIT
Bauch, Beine, Po
19:00 - 19:30

Super Spin 75
18:00 - 19:15

YOGA
18:30 - 19:45

Breakletics
18:30 - 19:30



100% GROUP-PERSONAL
PERFORMANCE-TRAINING

Endurance-SPIN
19:30 - 20:45

Breakletics
19:30 - 20:20

ThaiBo-BBP
19:30 - 20:30

Workout/Deep Work
19:30 - 20:20

Smart workout Fitnessclub
Hans-Urmiller-Ring 36b
82515 Wolfratshausen

www.smart-workout.de
info@smart-workout.de
 Hotline: 0 81 71 - 48 82 48

Öffnungszeiten:

Mo, Mi 8:00 - 22:00
 Fr 8:00 - 21:30
 Sonntag & Feiertage

Di, Do 6:30 - 13:00 und 16:30 - 21:30
 Sa 8:30 - 16:00
 9:00 - 13:00