

Smart-workout Ostern



Smart WORKOUT
 NEXT LEVEL FITNESS CLUB
 FITNESS & VITAL LOUNGE

Ostermontag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

Sonntag

09:00-13:00

Wake up Spin
6:45 - 7:30

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Visionbody EMS
Probetraining
Nach Vereinbarung!

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Smart-PUMP
9:30 - 10:20

Rücken + Faszien
8:30 - 9:30

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

Smart-Power SPIN
9:15 - 10:15

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 vom 22.04-28.04.19

www.smart-workout.de

Dance Party
18:00 - 18:55

Pilates
17:00 - 17:55

Bodyforming
mit Trampolin
17:30 - 18:30

Endurance SPIN
17:30 - 18:25



Breakletics
19:00 - 19:50

Super Spin 75
18:00 - 19:15

YOGA
18:30 - 19:45

Breakletics
18:30 - 19:30



100% GROUP-PERSONAL
PERFORMANCE-TRAINING

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 Di, Do 6:30 - 13:00 und 16:30 - 21:30
 Fr 8:00 - 21:30 Sa 8:30 - 16:00
 Sonntag & Feiertage 9:00 - 13:00