



Functional Fitness

Kursplan für alle Altersgruppen (Änderungen vorbehalten)

| TAG | Trainer | Zeit | Ort | Kurse |
|------------|----------------|----------------------------|-----------------|--|
| Samstag | | | g'sund macherei | |
| | Trang | 10:00-11:00 | | KoKoro Physical Slow Functional Fitness |
| Montag | | | g'sund macherei | |
| | Trang | 10:00-11:00 | | KoKoro Physical Slow Functional Fitness |
| Dienstag | | | Peak Power Lab | |
| | Trang | 9:00-10:00 | | KoKoro Physical Slow |
| | Trang | 10:00-11:00 | | KoKoro Physical activ Functional Fitness |
| Mittwoch | | | g'sund macherei | |
| | Claus | 15:00-16:00 | | Seniorentraining / Wirbelsäule |
| | Claus Trang | 16:00-17:00 16:00-17:00 | | Rückenfit/ Wirbelsäule Kokoro Physical |
| Donnerstag | | | Peak Power Lab | |
| | Trang Claus | 9:00-10:00 9:00-10:00 | | KoKoro Physical Slow Seniorentraining |
| | Trang Claus | 10:00-11:00 10:00-11:00 | | Functional Fitness Wirbelsäule/ Rückenfit |
| | | | | |
| Freitag | | | g'sund macherei | |
| | Trang | 15:00-16:00 | | KoKoro Physical Slow Functional Fitness |
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