

Groupfitnessplan

ab 11. Januar 2021



Mit Live-Stream-Übertragung
Login unter www.panthera-ladysgym.ch

Live-Kurse via Zoom

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
13.30-14.15* OUTDOOR FUNCTIONAL TRAINING	08.15-9.00 FASZIENGYM 09.15-10.10 POWERYOGA	07.45-08.40 RÜCKENFIT 08.45-09.45 ZUMBA	08.30-09.30* OUTDOOR JOGGING MIT DEM SLIM BELLY	08.15-09.05 PILATES 09.15-10.00 ZUMBA	11.00-11.45* OUTDOOR KRAFT UND CARDIO	09.30-10.30* OUTDOOR BODYCOMBAT 10.45-11.15* OUTDOOR GRIT - NEU
17.30-18.15 BAUCH/ BEINE/PO	18.20-18.50 CXWORX	09.30-10.30* OUTDOOR LAUF- UND KRAFT- TRAINING MIT DEM SLIM BELLY	17.15-17.45 CXWORX	09.00-10.00* OUTDOOR JOGGING MIT DEM SLIM BELLY		
18.20-19.20 BODYPUMP	18.50-19.50 BODYPUMP	17.30-18.15 BBP	17.50-18.50 BODYCOMBAT			
19.30-20.15 BELLICON INTERVALL	20.00-21.00 BODYCOMBAT	18.30-19.30* OUTDOOR JOGGING MIT DEM SLIM BELLY	19.30-20.25 POWERYOGA			
		19.00-19.55 PILATES				

*OUTDOORKURSE NUR AUF VORANMELDUNG
info@panthera-ladysgym.ch
Material kann im Panthera Ladys Gym gemietet werden.

KONTAKT
Telefon 041 610 70 00
info@panthera-ladysgym.ch / panthera-ladysgym.ch



MONTAG:

BAUCH / BEINE / PO

<https://us02web.zoom.us/j/85902248146?pwd=N083WWVmUXVyN0JJQU80aUZoQ1c2UT09>

Meeting-ID: 859 0224 8146

Kenncode: 558239

BODYPUMP

<https://us02web.zoom.us/j/82022462424?pwd=Q0ZVYnQ5WCtYajRsNkc3a1EwUW4vUT09>

Meeting-ID: 820 2246 2424

Kenncode: 142926

BELLICON INTERVALL

<https://us02web.zoom.us/j/85350182007?pwd=WDNLM0xpWlBhaGplaEdpSG0wQVhEZz09>

Meeting-ID: 853 5018 2007

Kenncode: 349450

DIENSTAG:

FASZIENGYM

<https://us02web.zoom.us/j/88267588700?pwd=WGpYTmpvakFHZ1dQWkdnbGROdGRidz09>

Meeting-ID: 882 6758 8700

Kenncode: 623994

POWERYOGA

<https://us02web.zoom.us/j/86113890926?pwd=Ty9UZVpUZWJUSjl2ZFBWQUhUOXNIZz09>

Meeting-ID: 861 1389 0926

Kenncode: 526354

CXWORX

<https://us02web.zoom.us/j/87440226900?pwd=MTFYWGdEZ0Z1QUVaNkRndGdCNS9jZz09>

Meeting-ID: 874 4022 6900

Kenncode: 504298

BODYPUMP

<https://us02web.zoom.us/j/86958847715?pwd=WHdTOTdSNkc5UGF3OEdKYWpuRWdsZz09>

Meeting-ID: 869 5884 7715

Kenncode: 473096

BODYCOMBAT

<https://us02web.zoom.us/j/83250230529?pwd=bUtFOXZpbUdCdHI0R3lvLy9pUVgzZz09>

Meeting-ID: 832 5023 0529

Kenncode: 707420

MITTWOCH:

RÜCKENFIT

<https://us02web.zoom.us/j/85284771102?pwd=WWdPdEdFV1dpYzdkU280K3FYTVFrQT09>

Meeting-ID: 852 8477 1102

Kenncode: 080432

ZUMBA

<https://us02web.zoom.us/j/85380922637?pwd=dW1DWDFxTTR1QVliZWFXM2k5QXZCZz09>

Meeting-ID: 853 8092 2637

Kenncode: 515237

BBP

<https://us02web.zoom.us/j/86852075937?pwd=TUNicXZjODFHcnB5S0M3eEhMdG0rZz09>

Meeting-ID: 868 5207 5937

Kenncode: 646208

PILATES

<https://us02web.zoom.us/j/89928060190?pwd=Ui8yeTFyTVBDOGc0dkxmNkpKU1VxQT09>

Meeting-ID: 899 2806 0190

Kenncode: 002307

DONNERSTAG:

CXWORX

<https://us02web.zoom.us/j/88637098095?pwd=VExacFNzSnpqMnBhUGtsc1dVa0hCZz09>

Meeting-ID: 886 3709 8095

Kenncode: 881826

BODYCOMBAT

<https://us02web.zoom.us/j/82253498800?pwd=aUpLOGxlbnZ4YTJtMjM3L25jc0lpdz09>

Meeting-ID: 822 5349 8800

Kenncode: 653479

POWERYOGA

<https://us02web.zoom.us/j/85942350894?pwd=SzR1OWJQNGwzVVdaYVBFdnY0NGpEUT09>

Meeting-ID: 859 4235 0894

Kenncode: 032272

FREITAG:

PILATES

<https://us02web.zoom.us/j/81664428888?pwd=SGINbCtHNjJGVdJLTzgyekYvVTh0dz09>

Meeting-ID: 816 6442 8888

Kenncode: 350034

ZUMBA

<https://us02web.zoom.us/j/88446465483?pwd=SzMrQjh4ODM0UWR4UIU4U1VISkNRQT09>

Meeting-ID: 884 4646 5483

Kenncode: 980115