

STUNDENPLAN 2018

Jon Carl Tall's

TRAININGS- UND BEWEGUNGS- ZENTRUM TAZÜ

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
08.00–09.00	PERSONALTRAINING	PERSONALTRAINING	PERSONALTRAINING	PERSONALTRAINING	BODY-STYLING
09.00–10.00	BODY-STYLING	BODY-FORMING	BODY-FORMING	PERSONALTRAINING	IDEOKINESE
10.00–11.00	SENIOREN TAI-JI/QIGONG	RÜCKENGYMNASTIK	PILATES	PERSONALTRAINING	BODY-FORMING
11.00–12.00	SENIOREN TAI-JI/QIGONG	PILATES	HERZREHABILITATION	ANYLAMGRUPPE	HERZREHABILITATION
12.00–13.00	BODY-FORMING	BODY-FORMING	BODY-FORMING	BODY-FORMING	BODY-FORMING
13.00–14.00			PERSONALTRAINING		
14.00–15.00	PERSONALTRAINING	RÜCKENGYMNASTIK	PERSONALTRAINING		
15.00–16.00	RÜCKENGYMNASTIK				
16.00–17.00	BODY-FORMING			BODY-FORMING	HERZREHABILITATION
17.00–18.00	BODY-FORMING	PILATES	RÜCKENGYMNASTIK	BODY-FORMING	HERZREHABILITATION
18.00–19.00	YOGA/HERZREHA	BODY-FORMING	BODY-FORMING	PILATES	BODY-FORMING
19.00–20.00	BODY-FORMING	BODY-FORMING	RÜCKENGYMNASTIK	BODY-FORMING	
20.00–21.00			TANZ		

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