

# KURSPLAN RNB [www.rnb-moves.ch](http://www.rnb-moves.ch)



MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

**Wir bitten Sie, die Kurse online (via Homepage) zu buchen.**

8.15-9.00  
Studio 1  
**MAX & CORE**

18.00-18.45  
Studio 2  
**TRX Training**

19.00-19.45  
Studio 2  
**POUND WORKOUT**

18.00-18.45  
Studio 2  
**STRONG Nation**

9.00-10.30  
**KICK BOX**  
Kraft & Sparring

*ab 13.1.24*

*ab 19.2.24*

18.00-18.45  
Studio 1  
**MAX & CORE**

18.15-19.15  
Studio 2  
**ZUMFIT für Einsteiger**

19.00-20.00  
Studio 1  
**ZUMFIT Intensiv**

19.00-20.00  
Studio 1  
**JUMPING**

19.30-21.00  
**KICK BOX**  
Technik & Pratzen

**qualitop**

**QC** **QualiCert**  
CERTIFIED QUALITY