

TRX TRAINING

The intensive full-body workout with the slings improves strength, endurance and coordination. Your own body weight is used as training resistance and is suitable for everyone.

FRIDAYS 12:10 - 12:55

Cubus Training / Baarerstrasse 137

45 MIN GROUP CLASS

Single admission: 30.- / 10x: 270.-

INSTRUCTOR

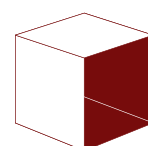
Franzsika Bütler (Sport Physiotherapist)

TO BRING

Sports wear, towel, water bottle

REGISTRATION

via kurs@cubusphysio.ch



**CUBUS
TRAINING**