

# KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09.30 – 10.20 <b>Pilates *</b> by Daniela	09.30 – 10.20 <b>Sypoba **</b> by Catarina	09.30 – 10.20 <b>TRX **</b> by Nico	09.30 – 10.20 <b>Pilates *</b> by Daniela	
15.30 – 16.20 <b>Gemeinsam fit *</b> by Sonja				
17.45 – 18.45 <b>Zirkeltraining **</b> by Nico	18.30 – 19.20 <b>Pilates **</b> by Daniela		17.45 – 18.45 <b>Zirkeltraining **</b> by Nico	
19.15 – 20.15 <b>Rückenfit **</b> by Catarina				

\*: Kursort Galgenen

\*\* : Kursort Buttikon