

KURSPLAN

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
09.30 – 10.20 Pilates * by Daniela	09.30 – 10.20 Sypoba ** by Catarina	09.30 – 10.20 TRX ** by Nico	09.30 – 10.20 Pilates * by Daniela	
15.30 – 16.20 Gemeinsam fit * by Sonja				
18.15 – 19.15 Zirkeltraining ** by Nico	17.30 – 18.30 MKTOM ** by Nico		18.15 – 19.15 Zirkeltraining ** by Nico	
19.15 – 20.15 Rückenfit ** by Catarina				19.45 – 20.45 MKTOM ** by Ernst

*: Kursort Galgenen

MKTOM: Mehrkampfteam Obermarch

** : Kursort Buttikon