

KURSPLAN 2022

Montag	Montag	Dienstag	Mittwoch	Mittwoch	Donnerstag	Freitag
						07.10 – 08.00 Pilates * by Daniela
		09.30 – 10.20 Sypoba * by Catarina	09.30 – 10.20 TRX ** by Nico	09.30 - 10.20 Gemeinsam fit * by Jana	09.30 – 10.20 Gemeinsam fit ** by Jana	
	15.30 – 16.20 Gemeinsam fit * by Gema					
18.15 – 19.15 Zirkeltraining ** by Nico	18.10 – 19.00 Pilates * by Daniela	18.30 – 19.30 TRX (Mittel) ** by Sarah	18.15 – 19.15 MFT ** by Astrid		18.15 – 19.15 Zirkeltraining ** by Nico	
19.15 – 20.15 Rückenfit ** by Catarina	19.10 – 20.00 Pilates * by Daniela	19.40 – 20.40 TRX (Anfänger) ** by Sarah		19.45 – 21.00 Yoga * by Janine	19.45 – 20.45 TRX (Fortgeschrittene) ** by Sarah	

*: Kursort Galgenen

** : Kursort Buttikon

TRX by Sarah **

Yoga by Janine *

MFT by Astrid **

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