

KURSPLAN – Gruppenstunden 2023

Physiotherapiezentrum Galgenen & Buttikon

NEU - NEU - NEU

Medical Yoga

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|--|--|--|---|--|
| | | | | 08.10 – 09.30 Pilates * by Daniela |
| 09.30 – 10.20 Pilates * by Daniela | 09.30 – 10.30 Sypoba ** by Rebecca | 09.30 – 10.30 Gemeinsam fit * by Gema | 09.30 – 10.20 Gemeinsam Fit ** by Jana | 09.30 – 10.30 Medical Yoga * (ab 22.06.23) by Chantal |
| 15.30 – 16.20 Gemeinsam fit * by Gema | | | | |
| 18.00 – 19.00 Pilates * by Daniela | 18.15 – 19.15 Zirkeltraining ** by Nico | | | |
| 19.10 – 20.00 Pilates * by Daniela | 19.30 – 20.30 TRX ** by Sarah | | 19.45 – 20.30 TRX ** by Sarah | |

* Kursort Galgenen

** Kursort Buttikon

TRX Sarah: Anmeldung über 079 728 95 17