

# KURSPLAN – Gruppenstunden 2023

Physiotherapiezentrum Galgenen & Buttikon

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
		08.30 – 09.20 (ab Feb. 24) <b>Yoga auf dem Stuhl *</b> by Sandra		08.10 – 09.00 <b>Pilates *</b> by Daniela
09.30 – 10.20 <b>Pilates *</b> by Daniela	09.30 – 10.30 <b>Sypoba *</b> by Rebecca	09.30 – 10.30 <b>Gemeinsam fit *</b> by Gema	09.30 – 10.20 <b>Gemeinsam Fit **</b> by Jana	09.30 – 10.20 <b>Medical Yoga *</b> by Chantal
15.30 – 16.20 <b>Gemeinsam fit *</b> by Gema				17.00 – 17.50 <b>Medical Yoga *</b> by Chantal
18.00 – 19.00 <b>Pilates *</b> by Daniela	18.15 – 19.15 <b>Zirkeltraining **</b> by Nico			
19.10 – 20.00 <b>Pilates *</b> by Daniela	19.30 – 20.30 <b>TRX **</b> by Sarah		19.00 - 19.50 (ab 30.11.23) <b>Pilates *</b> by Daniela	
			19.45 – 20.30 <b>TRX **</b> by Sarah	

\* Kursort Galgenen

\*\* Kursort Buttikon

**TRX Sarah Buttikon:** Anmeldung über 079 728 95 17