

KURSPLAN – Gruppenstunden 2024

Physiotherapiezentrum Galgenen & Buttikon

Montag	Dienstag	Mittwoch	Donnerstag		Freitag
		08.30 – 09.20 Medical Yoga auf dem Stuh by Sandra			08.10 – 09.00 Pilates * by Daniela
09.30 – 10.20 Pilates by Daniela	09.30 – 10.30 Sypoba Ganzkörpertraining by Rebecca	09.30 – 10.30 Gemeinsam fit by Gema	09.30 – 10.20 Gemeinsam Fit by Jana	09.30 – 10.20 Medical Yoga by Chantal	09.30 – 10.20 Pilates by Daniela
15.30 – 16.20 Gemeinsam fit by Gema					17.00 – 17.50 Medical Yoga by Chantal
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		19.00 – 19.50 Pilates by Daniela	19.45 – 20.30 TRX by Sarah	

Kursort Galgenen

Kursort Buttikon

TRX Sarah Buttikon: Anmeldung über 079 728 95 17