

KURSPLAN – Gruppenstunden 2024

Physiotherapiezentrum Galgenen & Buttikon

Montag	Dienstag	Mittwoch	Donnerstag		Freitag
		08:30 – 09:20 Medical Yoga auf dem Stuhl * 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 – 10:20 Gemeinsam fit * by Gema	09:30 – 10:20 Gemeinsam Fit ** by Jana	09:30 – 10:20 Medical Yoga * by Sandra	09:30 – 10:20 Pilates * by Daniela
15:30 – 16:20 Gemeinsam fit * by Gema					17:00 – 17:50 Medical Yoga * by Seraina
18:00 – 18:50 Pilates * by Daniela	18:15 – 19:15 Zirkeltraining ** by Nico				
19:00 – 19:50 Pilates * by Daniela	19:30 – 20:30 TRX ** by Sarah	19:30 – 20:20 Medical Yoga * by Sandra	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