

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
15:30 – 16:20 Gemeinsam fit * by Gema				
18:00 – 18:50 Pilates * by Daniela	18:15 – 19:15 Zirkeltraining ** by Nico			17:00 – 17:50 Medical Yoga * by Seraina
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 (Telefon 055 511 99 04)

TRX Sarah Buttikon: Anmeldung über 079 728 95 17