

Wochenübersicht Kurswesen Rapperswil

Uhrzeit	Mo	Di	Mi	Do	Fr	Sa
8:00	Yoga		Yoga		Yoga	
8:30	08:15-09:15		08:15-09:15		08:15-09:15	
9:00			Herzgruppe Phase III			
9:30			09:00-10:00		Move`n Dance Fit	
10:00		Rückentraining			10:00-10:55	
10:30		10:00-11:00				
11:00						
11:30						
12:00						
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14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30	Yoga					
18:00	17:30-18:30		Insieme			
18:30	BODYART Strength	Pole & Dance	18:00-19:00			
19:00	18:45-19:40	18:00-19:15			Meditation	
19:30			WomenCircle	Tango	19:00 - 20:00	
20:00	Liebscher & Bracht	Pole & Dance	19:30 - 21:30	19:30-20:30	1x monatlich	
20:30	20:00-21:00	19:15-20:30	Salsa Cuba			
21:00			20:30-21:45			

WomenCircle 13.4/18.5/15.6/21.9/19.10/16.11/7.12

Meditation: 28.1/25.2/25.3/29.4/27.5/24.6/19.8/28.10/25.11/30.12