

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						
9:30						
10:00				Pilates Fit	Move`n Dance Fit	
10:30				10:00-11:00	10:00-11:00	
11:00		Move`n Dance Fit			Move'n Dance Privat	
11:30		11:00-12:00			11:30-12:30	
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30	Yoga			Qi Gong		
18:00	17:30-18:30	Pole &		17:45-18:45		
18:30		Dance				
19:00	Pilates	18:15-19:30			Meditation/ Yoga	
19:30	19:00 - 20:00	Pole & Dance	Move'n Dance Health	Tango	19:00 - 20:00	
20:00		19:30-20:45	19:15 - 20:15	19:30-20:30	1x monatlich	
20:30						
21:00						

Meditation: 30.08 / 27.09 / 25.10 / 29.11 / 20.12

Yoga: 23.08. / 20.09. / 18.10. / 15.11. Weihnachtssyoga: 19.12.