

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	Pilates		
9:30			09:00-10:00	9:00-9:55	Move`n Dance Fit	
10:00					10:00-10:55	
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
17:30						
18:00			Insieme			
18:30	BODYART Strength	Pole & Dance	18:00-19:00			
19:00	18:45-19:40	18:15-19:30			Mediation	
19:30			WomenCircle	Tango	19:00 - 20:00	
20:00	Engpass- dehnungen	Pole & Dance	19:30 - 20:30	19:30-20:30	1x monatlich	
20:30	20:00-21:00	19:30-20:45	1x monatlich			
21:00						

WomenCircle 13.4/18.5/15.6

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