

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	Sanftes Rückentraining		09:00-10:00	9:00-9:55	Move`n Dance Fit	
10:00	09:30-10:30				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	Tango					
18:00	17:15-18:15		Insieme			
18:30	BODYART Strength	Pole & Dance	18:00-19:00			
19:00	18:45-19:40	18:30-19:45				
19:30				Tango		
20:00		Pole & Dance		19:30-20:30		
20:30		20:00-21:15				
21:00						