

Wochenübersicht Kurswesen Rapperswil

Uhrzeit	Mo	Di	Mi	Do	Fr	Sa
8:30	Yoga					
9:00	08:00-09:00			Pilates	Move`n Dance Fit	
9:30	Yoga			9:00-9:55	09:00-09:55	
10:00	09:15-10:15	Move`n Dance Fit				
10:30	Sanftes Rückentraining	10:00-10:55				
11:00	10:30-11:20					
11:30						
12:00						
12:30						
13:00						
13:30						Tango
14:00						13:30-19:30
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	18:30-19:45				
19:30						