

Wochenübersicht Kurswesen Rapperswil

Uhrzeit	Mo	Di	Mi	Do	Fr
8:30					
9:00				Pilates	Functional Training
9:30				9:00-9:55	9:00-9:55
10:00			Move`n Dance Fit		
10:30			10:00-10:55		
11:00					
11:30					
16:00					
16:30					
17:00					
17:30					
18:00					
18:30	bodyArt Strength	Insieme		bodyArt Energetic	
19:00	18:45-19:40	18:30-19:30		18:45-19:40	
19:30					