

# Kursplan

17.02.2020 - 23.02.2020

Dynamo Sport  
Spitalstrasse 22  
4310 Rheinfelden  
061 831 70 41  
email@dynamo-sport.ch



Montag 17.02.2020	Dienstag 18.02.2020	Mittwoch 19.02.2020	Donnerstag 20.02.2020	Freitag 21.02.2020	Samstag 22.02.2020	Sonntag 23.02.2020
09:30 - 10:20 Cross-Training	17:00 - 17:50 Yoga	10:00 - 10:50 Pilates	09:30 - 10:20 TRX Suspension Trai...	09:30 - 10:20 Body-Barres	09:15 - 10:15 Yoga	10:30 - 12:00 Cycling
12:10 - 13:00 Cycling	18:00 - 18:50 Yoga	11:00 - 11:50 Pilates	18:00 - 18:50 Sypoba Progressive	09:30 - 10:20 Cycling	10:15 - 11:15 Yoga	
18:00 - 18:50 Body-Barres	19:00 - 19:50 TRX Suspension Trai...	12:10 - 13:00 Sypoba Basic	19:00 - 19:30 Cross-Training	12:15 - 13:05 Body-Barres		
18:00 - 18:50 Cycling	20:00 - 20:50 TRX Suspension Trai...	18:00 - 18:50 Body-Barres	19:45 - 20:35 Zumba	18:00 - 18:50 TRX Cardio		
19:00 - 19:50 Body-Barres		18:00 - 18:50 Cycling		19:00 - 19:50 Cycling		
19:00 - 19:50 Cycling		19:00 - 19:50 Cycling				
		19:00 - 19:50 Sypoba Basic				
		20:00 - 20:45 Cross-Training				

- 50+
- Fitness
- Gesundheit
- Herz-Kreislauf
- Kraft

Stand: 18.02.2020