

Kursplan

22.07.2024 - 28.07.2024

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



Montag 22.07.2024	Dienstag 23.07.2024	Mittwoch 24.07.2024	Donnerstag 25.07.2024	Freitag 26.07.2024	Samstag 27.07.2024	Sonntag 28.07.2024
08:00 - 09:00 FT-CLUB Strength Kathrin Gerber	09:00 - 09:50 Rückenfit Nick Plattner	09:00 - 10:00 FT-CLUB Mobility Melanie Rösch	09:30 - 10:20 TRX Suspension Trai... Steffi Soder	08:30 - 09:20 Indoor Cycling Adrian Käser	09:15 - 10:00 Yoga Priscilla	10:00 - 11:30 Indoor Cycling Verschieden
09:00 - 10:00 FT-CLUB Movement Kathrin Gerber	12:15 - 13:15 FT-CLUB Burn Kathrin Gerber	09:15 - 10:05 Pilates Lidia	18:00 - 18:50 Sypoba Basic/Progre... Adrian Käser	09:30 - 10:20 Body-Barres Leoni Dornbierer	10:00 - 11:00 FT-CLUB Strength Verschieden	
09:00 - 09:50 Pilates Nadine	17:00 - 17:45 Yoga Sally Egger	10:15 - 11:05 Pilates Lidia	18:55 - 19:45 BBP Claudia	12:15 - 13:05 Body-Barres Leoni Dornbierer	10:15 - 11:00 Yoga Priscilla	
12:15 - 13:05 BBP Claudia	18:00 - 18:45 Yoga Sally Egger	12:15 - 13:05 Sypoba Basic Melanie Rösch	19:00 - 20:00 FT-CLUB Burn Adrian Käser	18:00 - 19:00 FT-CLUB Strength Melanie Rösch	11:00 - 12:00 FT-CLUB Mobility Verschieden	
17:00 - 18:00 FT-CLUB Burn Adrian Käser	18:00 - 19:00 FT-CLUB Strength Kathrin Gerber	18:00 - 18:50 Body-Barres Adrian Käser	19:45 - 20:35 Zumba France Küng			
18:00 - 18:50 Body-Barres Melanie Rösch	19:00 - 19:50 TRX Suspension Trai... Adrian Käser	18:00 - 19:00 FT-CLUB Burn Kathrin Gerber				
18:00 - 18:50 Indoor Cycling Steffi Soder	19:00 - 20:00 FT-CLUB Burn Kathrin Gerber	18:00 - 18:50 Indoor Cycling Janis Käser				
18:00 - 19:00 FT-CLUB Strength Adrian Käser	20:00 - 20:50 TRX Suspension Trai... Adrian Käser	19:00 - 20:00 FT-CLUB Strength Kathrin Gerber				
19:00 - 19:50 Body-Barres Melanie Rösch		19:00 - 19:50 Body-Barres Adrian Käser				
19:00 - 20:00 FT-CLUB Burn Steffi Soder						

- 50+
- BURN
- Fitness
- Gesundheit
- Herz-Kreislauf
- Kraft
- MOBILITY
- MOVEMENT
- STRENGTH

Stand: 27.07.2024