

Kursplan

23.05.2022 - 29.05.2022

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



Montag 23.05.2022	Dienstag 24.05.2022	Mittwoch 25.05.2022	Donnerstag 26.05.2022	Freitag 27.05.2022	Samstag 28.05.2022	Sonntag 29.05.2022
<p>09:00 - 10:00 FT-CLUB Movement Kathrin Gerber</p> <p>17:00 - 18:00 FT-CLUB Burn Adrian Käser</p> <p>18:00 - 18:50 Body-Barres Melanie Rösch</p> <p>18:00 - 18:50 Indoor Cycling Steffi Soder</p> <p>18:00 - 19:00 FT-CLUB Strength Adrian Käser</p> <p>19:00 - 19:50 Body-Barres Melanie Rösch</p> <p>19:00 - 20:00 FT-CLUB Burn Steffi Soder</p>	<p>12:15 - 13:15 FT-CLUB Burn Kathrin Gerber</p> <p>17:00 - 17:45 Yoga Sally Egger</p> <p>18:00 - 18:45 Yoga Sally Egger</p> <p>18:00 - 19:00 FT-CLUB Strength Adrian Käser</p> <p>19:00 - 19:50 TRX Suspension Trai... Yaël Brich</p> <p>20:00 - 20:50 TRX Suspension Trai... Yaël Brich</p>	<p>09:00 - 10:50 Pilates Paola Fässler</p> <p>09:00 - 10:00 FT-CLUB Mobility Melanie Rösch</p> <p>10:00 - 10:50 Pilates Marcella Moret</p> <p>12:15 - 13:05 Sypoba Basic Melanie Rösch</p> <p>18:00 - 18:50 Body-Barres Adrian Käser</p> <p>18:00 - 19:00 FT-CLUB Burn Kathrin Gerber</p> <p>18:00 - 18:50 Indoor Cycling Janis Käser</p> <p>19:00 - 19:50 Sypoba Basic Adrian Käser</p> <p>19:00 - 20:00 FT-CLUB Strength Kathrin Gerber</p>	<p>09:30 - 10:20 TRX Suspension Trai... Steffi Soder</p> <p>18:00 - 18:50 Sypoba Progressive Adrian Käser</p> <p>18:00 - 19:00 FT-CLUB Burn Yaël Brich</p> <p>19:00 - 20:00 FT-CLUB Burn Adrian Käser</p> <p>19:45 - 20:35 Zumba France Küng</p>	<p>08:30 - 09:20 Indoor Cycling Adrian Käser</p> <p>09:30 - 10:20 Body-Barres Yaël Brich</p> <p>12:15 - 13:05 Body-Barres Yaël Brich</p> <p>18:00 - 19:00 FT-CLUB Strength Melanie Rösch</p>	<p>09:15 - 10:00 Yoga Sally Egger</p> <p>10:15 - 11:00 Yoga Sally Egger</p> <p>11:00 - 12:00 FT-CLUB Mobility Verschieden</p> <p>12:00 - 13:00 FT-CLUB Strength Verschieden</p>	<p>10:00 - 11:30 Indoor Cycling Verschieden</p>

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

Stand: 23.05.2022