

# Kursplan

30.03.2026 - 05.04.2026

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



Montag 30.03.2026	Dienstag 31.03.2026	Mittwoch 01.04.2026	Donnerstag 02.04.2026	Freitag 03.04.2026	Samstag 04.04.2026	Sonntag 05.04.2026
08:00 - 09:00 FT-CLUB Strength Kathrin Gerber	09:00 - 09:50 Rückenfit Laura Carollo	08:15 - 09:05 Pilates Lidia Marquis	08:30 - 09:20 Rückenglück Maake Maas	08:30 - 09:20 Indoor Cycling Adrian Käser	09:00 - 10:00 FT-CLUB Burn Verschieden	10:00 - 11:30 Indoor Cycling Verschieden
08:15 - 09:05 Pilates Nadine Honold	12:15 - 13:15 FT-CLUB Burn Nick Plattner	09:00 - 10:00 FT-CLUB Mobility Melanie Rösch	09:30 - 10:20 TRX Suspension Trai... Steffi Soder	09:30 - 10:20 Body-Barres Verschieden	09:15 - 10:00 Yoga Priscilla	13:00 - 14:30 Hyrox Training Verschieden
09:00 - 10:00 FT-CLUB Burn Kathrin Gerber	17:00 - 17:45 Yoga Sally Egger	09:15 - 10:05 Pilates Lidia Marquis	10:30 - 11:20 TRX Suspension Trai... Steffi Soder	12:15 - 13:05 Body-Barres Verschieden	10:00 - 11:00 FT-CLUB Strength Verschieden	
09:15 - 10:05 Pilates Nadine Honold	18:00 - 18:45 Yoga Sally Egger	10:15 - 11:05 Pilates Lidia Marquis	18:00 - 18:50 Sypoba Basic/Progre... Adrian Käser	17:00 - 18:00 Hyrox-Training Kathrin Gerber	10:15 - 11:00 Yoga Priscilla	
12:15 - 13:05 BBP Claudia Späne	18:00 - 19:00 FT-CLUB Strength Kathrin Gerber	12:15 - 13:05 Sypoba Basic Melanie Rösch	18:55 - 19:45 BBP Claudia Späne	18:00 - 19:00 FT-CLUB Strength Melanie Rösch		
17:00 - 18:00 FT-CLUB Burn Adrian Käser	19:00 - 19:50 TRX Suspension Trai... Kevin Branca	17:00 - 18:00 Hyrox-Training Kathrin Gerber	19:00 - 20:00 Hyrox-Training Adrian Käser			
18:00 - 18:50 Body-Barres Melanie Rösch	19:00 - 20:00 Hyrox-Training Lena Käser	18:00 - 18:50 Body-Barres Arben Rakovica	19:45 - 20:35 Zumba France Küng			
18:00 - 18:50 Indoor Cycling Steffi Soder	20:00 - 20:50 TRX Suspension Trai... Kevin Branca	18:00 - 19:00 FT-CLUB Burn Kathrin Gerber				
18:00 - 19:00 FT-CLUB Strength Adrian Käser		18:00 - 18:50 Indoor Cycling Janis Käser				
19:00 - 19:50 Body-Barres Melanie Rösch		19:00 - 20:00 FT-CLUB Strength Kathrin Gerber				
19:00 - 20:00 FT-CLUB Burn Steffi Soder		19:00 - 19:50 Body-Barres Arben Rakovica				

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

Stand: 03.04.2026