

Kursplan

12.05.2025 - 18.05.2025

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



Montag 12.05.2025	Dienstag 13.05.2025	Mittwoch 14.05.2025	Donnerstag 15.05.2025	Freitag 16.05.2025	Samstag 17.05.2025	Sonntag 18.05.2025
08:00 - 09:00 FT-CLUB Strength Kathrin Gerber	09:00 - 09:50 Rückenfit Laura Carollo	09:00 - 10:00 FT-CLUB Mobility Melanie Rösch	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
09:00 - 10:00 FT-CLUB Burn Kathrin Gerber	12:15 - 13:15 FT-CLUB Burn Nick Plattner	09:15 - 10:05 Pilates Lidia	09:30 - 10:20 TRX Suspension Trai... Steffi Soder	09:30 - 10:20 Body-Barres Leoni Dornbierer	09:15 - 10:00 Yoga Priscilla	13:00 - 14:30 Hyrox Training Verschieden
09:00 - 09:50 Pilates Nadine	17:00 - 17:45 Yoga Sally Egger	10:15 - 11:05 Pilates Lidia	18:00 - 18:50 Sypoba Basic/Progre... Adrian Käser	12:15 - 13:05 Body-Barres Leoni Dornbierer	10:00 - 11:00 FT-CLUB Strength Verschieden	
12:15 - 13:05 BBP Claudia	18:00 - 18:45 Yoga Sally Egger	12:15 - 13:05 Sypoba Basic Melanie Rösch	18:55 - 19:45 BBP Claudia	17:00 - 18:00 FT-CLUB Strength Nick Plattner	10:15 - 11:00 Yoga Priscilla	
17:00 - 18:00 FT-CLUB Burn Adrian Käser	18:00 - 19:00 FT-CLUB Strength Kathrin Gerber	17:00 - 18:00 Hyrox-Training Kathrin Gerber	19:00 - 20:00 Hyrox-Training Adrian Käser	18:00 - 19:00 FT-CLUB Strength Melanie Rösch		
18:00 - 18:50 Body-Barres Melanie Rösch	19:00 - 19:50 TRX Suspension Trai... Kevin Branca	18:00 - 18:50 Body-Barres Arben Rakovica	19:45 - 20:35 Zumba France Küng			
18:00 - 18:50 Indoor Cycling Steffi Soder	19:00 - 20:00 FT-CLUB Burn Lena Käser	18:00 - 19:00 FT-CLUB Burn Kathrin Gerber				
18:00 - 19:00 FT-CLUB Strength Adrian Käser	19:00 - 20:00 Hyrox-Training Lena Käser	18:00 - 18:50 Indoor Cycling Janis Käser				
19:00 - 19:50 Body-Barres Melanie Rösch	20:00 - 20:50 TRX Suspension Trai... Kevin Branca	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: 18.05.2025