

Kursplan

27.06.2022 - 03.07.2022

Montag 27.06.2022	Dienstag 28.06.2022	Mittwoch 29.06.2022	Donnerstag 30.06.2022	Freitag 01.07.2022	Samstag 02.07.2022	Sonntag 03.07.2022
09:00 - 10:00 FT-CLUB Movement Kathrin Gerber	12:15 - 13:15 FT-CLUB Burn Kathrin Gerber	09:00 - 10:50 Pilates Bettina Baumgartner-Schlapp	09:30 - 10:20 TRX Suspension Trai... Steffi Soder	08:30 - 09:20 Indoor Cycling Adrian Käser	09:15 - 10:00 Yoga Sally Egger	10:00 - 11:30 Indoor Cycling Verschieden
17:00 - 18:00 FT-CLUB Burn Adrian Käser	17:00 - 17:45 Yoga Sally Egger	09:00 - 10:00 FT-CLUB Mobility Melanie Rösch	18:00 - 18:50 Sypoba Progressive Adrian Käser	09:30 - 10:20 Body-Barres Yaël Brich	10:15 - 11:00 Yoga Sally Egger	
18:00 - 18:50 Body-Barres Melanie Rösch	18:00 - 18:45 Yoga Sally Egger	10:00 - 10:50 Pilates Bettina Baumgartner-Schlapp	18:00 - 19:00 FT-CLUB Burn Yaël Brich	12:15 - 13:05 Body-Barres Yaël Brich	11:00 - 12:00 FT-CLUB Mobility Verschieden	
18:00 - 18:50 Indoor Cycling Steffi Soder	18:00 - 19:00 FT-CLUB Strength Adrian Käser	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	12:00 - 13:00 FT-CLUB Strength Verschieden	
18:00 - 19:00 FT-CLUB Strength Adrian Käser	19:00 - 19:50 TRX Suspension Trai... Yaël Brich	18:00 - 18:50 Body-Barres Adrian Käser	19:45 - 20:35 Zumba France Küng			
19:00 - 19:50 Body-Barres Melanie Rösch	20:00 - 20:50 TRX Suspension Trai... Yaël Brich	18:00 - 19:00 FT-CLUB Burn Kathrin Gerber				
19:00 - 20:00 FT-CLUB Burn Steffi Soder		18:00 - 18:50 Indoor Cycling Janis Käser				
		19:00 - 19:50 Sypoba Basic Adrian Käser				
		19:00 - 20:00 FT-CLUB Strength Kathrin Gerber				