



Kursübersicht ab 12. August 2024

BodyFitness STF Wattwil	AquaFitness Nesslau
------------------------------------	--------------------------------

Montag	18:40 M.A.X. Nicole	17:00 AquaFit Franzi
---------------	----------------------------	-----------------------------

Dienstag		17:45 AquaFit Ruth 18:45 AquaFit
-----------------	--	---

Mittwoch	08:00 M.A.X. Nicole 09:15 Bebo Antara Ruth 18:15 Trampolin Ruth 19:30 Pilates Ruth	17:30 AquaFit Janine 18:30 AquaFit
-----------------	---	---

Donnerstag	08:15 Pilates Ruth 12:15 Pilates Ruth 17:45 Antara Ruth 19:00 Pilates Ruth	
-------------------	---	--

Freitag	08:30 BodyToning Nicole	11:15 AquaGym Ruth 12:05 AquaGym Ruth 18:00 AquaFit Ruth
----------------	--------------------------------	---