

Group Fitness Wattwil & Stein

	Studio 2	Studio 1	Turnhalle Stein
Montag	08:15 Bebo Antara Ruth 09:30 Bebo Antara Ruth 18:40 M.A.X spezial Nicole		
Dienstag			
Mittwoch	08:30 M.A.X spezial Patricia 18:15 Trampolin Ruth 19:30 Pilates power Ruth		08:00 Pilates Ruth 09:05 Pilates Ruth 10:10 Antara Ruth
Donnerstag	08:15 Pilates power Ruth 09:30 Bebo Pilates <i>vakant</i> Ruth 12:15 Pilates Ruth 17:20 Antara Rücken Ruth 18:35 M.A.X. Ruth 19:30 Pilates power Ruth		
Freitag	08:30 Bauch Beine Po Nicole		