

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		08:00 Pilates Ruth 09:05 Pilates Ruth 10:10 Antara Ruth
	18:15 Trampolin Ruth		
	19:30 Pilates power 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		