

Kursübersicht ab 17./ 21. Oktober 2018

| | | Group Fitness Schweizerische Textilfachschule Wattwil/ Stein | | | |
|-------------------|--------------|---|----------|------------------------------|--------------|
| | | Studio 2 | | Studio 1 / Stein | |
| Montag | 08:15 | Bebo Antara | Ruth | | |
| | 09:25 | Trampolin soft | Ruth | | |
| | 18:40 | M.A.X. Special | Nicole | | |
| | 19:50 | BodyToning * | Nicole | | |
| Dienstag | | | | | |
| Mittwoch | 08:30 | M.A.X. spezial | Patricia | 08:00 | Pilates Ruth |
| | 09:40 | Antara Rücken * | Patricia | 09:05 | Pilates Ruth |
| | 17:00 | Antara Rücken | Ruth | 10:10 | Antara Ruth |
| | 18:05 | Bodega moves | Ruth | | |
| | 19:10 | M.A.X. | Ruth | | |
| | 19:50 | Pilates power | Ruth | | |
| Donnerstag | 08:15 | Pilates power | Ruth | | |
| | 09:25 | Bebo Pilates ☺ | Ruth | | |
| | 12:15 | Pilates | Ruth | | |
| | 17:30 | Antara Rücken | Ruth | | |
| | 18:40 | Trampolin power | Ruth | | |
| | 19:50 | Pilates power | Ruth | | |
| Freitag | 08:30 | Bauch Beine Po | Nicole | | |
| | | | | ☺ Kinderhort je Kind Fr. 5.- | |

* Diese Kurse sind noch vakant