

Kursübersicht ab 17./21.Okt. 18

| | | Group Fitness Schweizerische Textilfachschule Wattwil | | Turnhalle Stein |
|-------------------|---------------|--|----------|---|
| | | Studio 2 | Studio 1 | |
| Montag | 08:15 | Bebo Antara | Ruth | |
| | 09:25 | Trampolin soft | Ruth | |
| Montag | 18:40 | M.A.X. special | Nicole | |
| | 19:50 | BodyToning * | Nicole | |
| Dienstag | | | | |
| Mittwoch | 08:30 | M.A.X. spezial | Patricia | 08:00 Pilates Ruth 09:05 Pilates Ruth 10:10 Antara Ruth |
| | 09:40 | Antara Rücken * | Patricia | |
| | 17:00 | Antara Rücken | 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 | |

* Diese Kurse sind noch vakant

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| | | AquaFitness Bütschwil | AquaFitness Nesslau | AquaFitness Aadorf |
|-------------------|-------|--------------------------|-----------------------------|--|
| Montag | 18:00 | AquaFit | Ruth Patricia | 17:10 AquaFit Franzi |
| | 19:05 | AquaFit | Claudia | |
| | 20:10 | AquaFit | | |
| Dienstag | | | 17:15 AquaFit Patricia Ruth | 18:00 AquaFit Eveline 19:00 AquaFit Eveline |
| | | | 18:20 AquaFit Patricia Ruth | |
| | | | 19:25 AquaFit Patricia Ruth | |
| Mittwoch | | | 18:00 AquaFit Franzi | |
| | | | 19:05 AquaFit Franzi | |
| Donnerstag | 19:30 | AquaFit Adriana Patricia | | 19:30 AquaFit Eveline |
| | 20:35 | AquaFit Adriana Patricia | | |
| Freitag | 12:20 | AquaFit Patricia | 11:15 AquaGym Ruth Patricia | |
| | | | 12:10 AquaGym Ruth Patricia | |
| | | | 18:00 AquaFit Ruth Patricia | |
| | | | 19:05 AquaFit Ruth Patricia | |