

Fitnesskurse

Montag		
09:00–09:50	Gym4life	ET
14:00–15:00	Pilates für Senioren	MT
17:00–17:50	Bauch Beine Po	MT
18:00–18:50	Bauch Beine Po	MT
19:00–19:50	Rückenfit	MT
20:00–20:50	Rückenfit	MT
Dienstag		
09:00–09:50	Gym4life	ET
18:30–19:45	Yoga	NH
Mittwoch		
09:00–09:50	Gym4life	ET
12:15–13:05	Rückenfit	BA
18:00–19:00	Pilates	FE
19:10–20:00	Zumba Fitness	MM

Donnerstag		
12:15–13:15	Pilates	UE
18:30–19:30	Pilates	UE
19:45–20:45	Pilates	UE
Freitag		
09:00–09:50	Gym4life	ET
12:15–13:15	Fascial Moves	DS

BA = Brigitta Adams
 ET = Elisabeth Tobler
 FE = Franziska Eisenhut
 MM = Michelina Musi

MT = Michèle Tolino
 NH = Nicole Hey
 UE = Ursula Eugster



**SPORTZENTRUM
HERISAU**