



Kursübersicht ab 22. April 2024

BodyFitness STF Wattwil	AquaFitness Nesslau
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Montag	18:40	M.A.X.	Nicole	17:00	AquaFit	Franzi
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Dienstag				17:45	AquaFit	Ruth
				18:45	AquaFit	

Mittwoch	08:00	M.A.X.	Nicole	17:30	AquaFit	Janine
	09:15	Bebo Antara	Ruth	18:30	AquaFit	
	18:15	Trampolin	Ruth			
	19:30	Pilates	Ruth			

Donnerstag	08:15	Pilates	Ruth			
	12:15	Pilates	Ruth			
	17:45	Antara	Ruth			
	19:00	Pilates	Ruth			

Freitag	08:30	BodyToning	Nicole	11:15	AquaGym	Ruth
				12:05	AquaGym	Ruth
				18:00	AquaFit	Ruth od.
				19:00	AquaFit	Petra