update Fitness St. Gallen Ost
Lindenstrasse 77
9000 St.Gallen Schweiz
Telefon071 244 83 47
Center Management: Kinga

# Gruppenfitnessplan update Fitness St. Gallen Ost

## Montag , 27.06

**18:00 - 18:55**
*Kick Power*
Nicole

**19:05 - 20:00**
*Pump*
Alisha

## Dienstag , 28.06

**18:00 - 18:30**
*Simply Core*
Tatjana

**18:40 - 19:35**
*Fighttime*
Tatjana

**19:45 - 20:40**
*Yoga*
Nina

## Mittwoch , 29.06

**09:00 - 09:55**
*Yoga*
Nina

**18:00 - 18:55**
*Fitboxe*
Nicole

**19:05 - 20:00**
*Pump*
Tatjana

## Donnerstag , 30.06

**07:30 - 08:25**
*Yoga*
Carmen

**19:05 - 20:00**
*Pilates*
Sandra

## Freitag , 01.07

## Samstag , 02.07

## Sonntag , 03.07