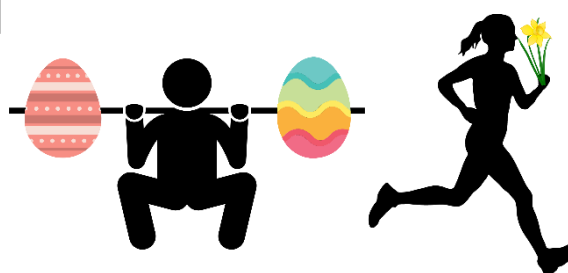


KURSPROGRAMM OSTERN

ACTIV FITNESS Uzwil



Group Fitness

| Datum | Tag | Stilrichtung | Instruktor*in | Zeit |
|------------|--------------|----------------------------------|---------------------------|---------------|
| 07.04.2023 | Karfreitag | FunTone® Challenge | Nadin B. | 09:30 – 10:25 |
| | | Hatha Yoga Flow | Svetla S. | 10:30 – 11:25 |
| 08.04.2023 | Samstag | BARRE® meets BODYBALANCE® | Alexandra H. | 09:15 – 09:55 |
| | | BODYPUMP® meets CORE® | Alexandra H. & Jana H. | 10:05 – 10:45 |
| | | BODYCOMBAT® meets BODYATTACK® | Alexandra H. & Jana H. | 11:00 – 11:40 |
| 09.04.2023 | Ostersonntag | FunTone® | Nadin B. | 10:00 – 10:55 |
| 10.04.2023 | Ostermontag | Yoga | Liliya S. | 10:00 – 10:55 |

Kinderparadies

| | | |
|------------|--------------|---------------|
| 07.04.2023 | Karfreitag | 09:15 – 11:45 |
| 08.04.2023 | Samstag | geschlossen |
| 09.04.2023 | Ostersonntag | geschlossen |
| 10.04.2023 | Ostermontag | 09:15 – 11:45 |

