

# Fitness TRX-F22



**Ort** Physio Ausserholligen, Dojo, 3. Stock  
**Kursleitung** Corinne Rindisbacher, +41 78 806 00 50  
**Kurskader** Katya Schöb

|            | Do.<br>13.... | Do.<br>20.... | Do.<br>27... | Do.<br>03... | Do.<br>10... | Do.<br>17... | Do.<br>24... | Do.<br>03... | Do.<br>10... | Do.<br>17... | Do.<br>24... | Do.<br>31... | Do.<br>07... | Do.<br>14... | Do.<br>21... | Do.<br>28.... | Do.<br>05.... | Do.<br>12.... | Do.<br>19.... | Do.<br>02.... | Do.<br>09.... | Do.<br>16.... | Do.<br>23.... | Do.<br>30.... |
|------------|---------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Ganzer Tag |               |               |              |              |              |              |              |              |              |              |              |              |              |              |              |               |               |               |               |               |               |               |               |               |
| 12:00      |               |               |              |              |              |              |              |              |              |              |              |              |              |              |              |               |               |               |               |               |               |               |               |               |
| 13:00      |               |               |              |              |              |              |              |              |              |              |              |              |              |              |              |               |               |               |               |               |               |               |               |               |

## Legende