

sportliche Aus- & Weiterbildungen

2002 - 2006	VINTO, Zug (sportler KV)
2006 - 2009	Abraxas Musical Akademie, München (DE)
2010	Tae Bo® Basic Instructor, IFAA St. Gallen Zumba® Instructor, St. Gallen
2011	Gymstick™ Instructor, star Zürich Antara® Basic, star Zürich Speedball Fitness Instructor, IFAA St. Gallen dipl. Ernährungstrainer, star Zürich
2012	dipl. Fitnesstrainer, star Zürich Personal Trainer, star Zürich
2013	M.A.X.® Instructor, star Zürich TRX Instructor, Fitagon Zürich Rückentrainer I, star Zürich Tae Bo® Advanced Instructor, IFAA St. Gallen

