



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	09:45 – 11:00 YOGA Level 1	10:00 – 11:00 PILATES Level 1-2	10:00 – 11:00 PILATES Level 1	10:00 – 11:15 YOGA Level 1-2	10:00 – 11:00 FUNCTIONAL TRAINING Louisa
	11:00 – 12:00 PILATES Wirbelsäule Level 1	11:00 -12:00 PILATES Postnatal Mami & Baby	11:00 – 12:00 PILATES Postnatal Mami & Baby		11:00 – 12:15 YOGA Flow Level 1 Louisa
		12.00-13.15 Uhr YOGA für Schwangere			
17.00-18.00 Uhr PILATES absolute Beginner		17.15 -18.15 YOGA absolute Beginner	17:30 – 18:45 YOGA Level 1 KK	17:00 – 18:00 PILATES Level 1-2 Louisa	
18:00 – 19:00 PILATES Level 1-2	18:00 – 19:00 PILATES Level 1 KK	18:30 – 19:45 YOGA Level 1-2		18:00 – 19:15 YOGA Flow Level 1 Louisa	
19:00 – 20:15 YOGA Level 1	19:00 – 20:30 YOGA Level 2		19:00 – 20:15 YOGA für Schwangere		