



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	<b>09:45 – 11:00</b> <b>YOGA</b> Level 1	<b>10:00 – 11:00</b> <b>PILATES</b> Level 1-2	<b>10:00 – 11:00</b> <b>PILATES</b> Level 1	<b>10:00 – 11:15</b> <b>YOGA</b> Level 1-2	<b>10:00 – 11:00</b> <b>FUNCTIONAL TRAINING</b> Louisa
	<b>11:00 – 12:00</b> <b>PILATES</b> Wirbelsäule Level 1	<b>11:00 -12:00</b> <b>PILATES</b> <b>Postnatal</b> Mami & Baby	<b>11:00 – 12:00</b> <b>PILATES</b> <b>Postnatal</b> Mami & Baby		<b>11:00 – 12:15</b> <b>YOGA</b> Flow Level 1 Louisa
		<b>12.00-13.15 Uhr</b> <b>YOGA für Schwangere</b>			
<b>17.00-18.00 Uhr</b> <b>PILATES</b> absolute Beginner	17.00-18.00 Uhr <b>PILATES</b> Sommerfit vom 07.05. – 18.06.19	<b>17.15 -18.15</b> <b>YOGA</b> absolute Beginner	<b>17:30 – 18:45</b> <b>YOGA</b> Level 1 KK	<b>17:00 – 18:00</b> <b>PILATES</b> Level 1-2 Louisa	
<b>18:00 – 19:00</b> <b>PILATES</b> Level 1-2	<b>18:00 – 19:00</b> <b>PILATES</b> Level 1 KK	<b>18:30 – 19:45</b> <b>YOGA</b> Level 1-2		<b>18:00 – 19:15</b> <b>YOGA</b> Flow Level 1 Louisa	
<b>19:00 – 20:15</b> <b>YOGA</b> Level 1	<b>19:00 – 20:30</b> <b>YOGA</b> Level 2		<b>19:00 – 20:15</b> <b>YOGA für Schwangere</b>		