



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:45 - 10:45 PILATES Postnatal	9:45 - 10:45 YOGA Level 1	9:45 - 10:45 PILATES Level 1-2	9:45 - 10:45 PILATES Level 1	9:45 - 10:45 YOGA Level 1-2	10:00 - 11:00 FUNCTIONAL TRAINING Alle Levels Outdoor
	11:00 - 12:00 PILATES Wirbelsäule	11:00 - 12:15 YOGA für Schwangere	11:00 - 12:00 YOGA Rücken u. Schultern	11:00 -12:00 YOGA Level 1	10:00 - 11:00 YOGA Vinyāsa Flow Leonie
16:30 - 17:30 PILATES Level 1	16:30 - 17:30 PILATES mit Kleingeräten	16:30 - 17:30 YOGA Basic	15:30-16:15 YOGA für Kinder 7-9 J. Leonie	15:45 - 16:30 YOGA für Kinder 5-6 J. Leonie	
17:45 - 18:45 PILATES Level 1-2	17:45 - 18:45 PILATES Level 1	17:45 - 18:45 YOGA Level 1	17:45 - 18:45 YOGA Level 1	17:00 - 18:00 PILATES Level 1-2 Maja	
19:00 - 20:00 YOGA Level 1	19:00 - 20:15 YOGA Level 2	19:00 - 20:00 YOGA Level 1-2	19:00 - 20:00 PILATES Level 1- 2	18:15 - 19:15 HATHA-YOGA Level 1 Maja	