



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:45 - 10:45 PILATES Postnatal	9:45 - 10:45 YOGA Level 1-2	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 Gartenkurs
	11:00 - 12:00 PILATES Wirbelsäule		11:00 - 12:00 YOGA für Schwangere	11:00 - 12:00 YOGA Level 1	
			16:00 - 16:45 YOGA für Kinder 8-12 Jahre		
17:15 - 18:15 PILATES Level 1	17:30 - 18:30 PILATES Kleingeräte	17:15 - 18:15 YOGA Level 1	17:00 - 18:00 YOGA Level 1	17:00 - 18:00 PILATES Kleingeräte	
18:30 - 19:30 YOGA Level 1	18:45 - 20:00 YOGA Level 2	18:30 - 19:30 YOGA Level 1-2	18:30 - 19:30 PILATES Level 1-2	18:15 - 19:15 HATHA-YOGA alle Level	