



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:45 - 10:45 <b>YOGA</b> Absolute Beginner	9:45 - 10:45 <b>YOGA</b> Level 1-2	9:45 - 10:45 <b>PILATES</b> Level 1-2	9:45 - 10:45 <b>PILATES</b> Level 1	9:45 - 10:45 <b>YOGA</b> Level 1-2	10:00 - 11:00 <b>FUNCTIONAL TRAINING</b> Outdoor/ Studio
11:00 - 12:00 <b>PILATES</b> Postnatal	11:00 - 12:00 <b>PILATES</b> Wirbelsäule		11:00 - 12:00 <b>YOGA</b> für Schwangere	11:00 - 12:00 <b>YOGA</b> Level 1	
			16:00 - 16:45 <b>YOGA</b> für Kinder 8-12 Jahre		
17:15 - 18:15 <b>PILATES</b> Level 1	17:30 - 18:30 <b>PILATES</b> Kleingeräte	17:15 - 18:15 <b>YOGA</b> Level 1	17:00 - 18:00 <b>YOGA</b> Level 1	17:00 - 18:00 <b>PILATES</b> Kleingeräte	
18:30 - 19:30 <b>YOGA</b> Level 1	18:45 - 20:00 <b>YOGA</b> Level 2	18:30 - 19:30 <b>YOGA</b> Level 1-2	18:30 - 19:30 <b>PILATES</b> Level 1-2	18:15 - 19:15 <b>HATHA-YOGA</b> alle Level	