



KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
9:45 - 10:45 PILATES Kleingeräte	9:45 - 11:00 YOGA Level 1-2	9:45 - 10:45 PILATES Level 1-2	9:45 - 10:45 PILATES Level 1	9:30 - 10:45 YOGA Level 1-2	10:00 - 11:00 YOGA Vinyasa Flow
11:00 - 12:00 PILATES Postnatal			11:00 - 12:00 PILATES mit der Rolle	11:00 - 12:00 YOGA Level 1	
	16:15 - 17:15 PILATES Level 1-2				
17:15 - 18:15 PILATES Level 1	17:30 - 18:30 PILATES Kleingeräte	17:15 - 18:15 PILATES Level 1	17:15 - 18:15 YOGA Level 1	17:00 - 18:00 PILATES alle Level	
18:30 - 19:30 YOGA Level 1	18:45 - 20:00 YOGA Level 2	18:30 - 19:45 YOGA Level 1-2	18:30 - 19:30 PILATES Level 1-2	18:15 - 19:15 Yin YOGA mit Klangschalen	