



# KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
		<b>8:15 - 9:15</b> YOGA Morning Flow		<b>8:15 - 9:15</b> PILATES am Morgen	
<b>9:45 - 10:45</b> PILATES mit Kleingeräte	<b>9:45 - 11:00</b> YOGA Level 1-2	<b>9:45 - 10:45</b> PILATES Level 1-2	<b>9:45 - 10:45</b> PILATES Level 1	<b>9:30 - 10:45</b> YOGA Level 1-2	<b>10:00 - 11:00</b> YOGA Vinyasa Flow
<b>11:00 - 12:00</b> PILATES Postnatal	<b>16:15 - 17:15</b> PILATES mit der Rolle			<b>11:00 - 12:00</b> YOGA soft & regenerativ	
<b>17:15 - 18:15</b> PILATES Level 1	<b>17:30 - 18:30</b> PILATES Kleingeräte	<b>17:15 - 18:15</b> PILATES Level 1	<b>17:15 - 18:15</b> YOGA Level 1	<b>17:00 - 18:00</b> PILATES alle Level	
<b>18:30 - 19:30</b> YOGA Level 1	<b>18:45 - 20:00</b> YOGA Level 2	<b>18:30 - 19:45</b> YOGA Level 1-2	<b>18:30 - 19:30</b> PILATES Level 2		