



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09:30-10:45 HATHA	09:30-10:45 VINYASA 1	09:30-10:45 HATHA	09:30-10:45 VINYASA 1	09:15-10:45 PILATES	09:00-10:15 RÜCKEN	11:00-12:30 JIVAMUKTI
11:00-12:15 RÜCKB YOGA	A 09:30-10:45 BABYMASS/GYM	11:00-12:15 PRENATAL	11:00-12:15 RÜCKB YOGA	09:30-10:45 GENTLE	A 10:00 - 11:30 INTENSIVKURS	11:00-12:15 PRENATAL
	A 09:30-10:45 RÜCKBGYMN			11:00-12:15 CORE FLOW	10:15-11:30 HATHA Stressr.	12:30-14:00 VINYASA 0.5
	A 11:00-12:15 BABYMASS/GYM				10:30-12:00 VINYASA 1	DIVERSE WORKSHOPS
	A 11:00-12:15 RÜCKBGYMN				A 12:30 - 14:00 INTENSIVKURS	
17:15-18:30 VINYASA 0.5	18:15-19:30 RÜCKEN	18:00-19:30 VINYASA 1	18:15-19:30 VINYASA 0.5	17:30-18:45 VINYASA 0.5	DIVERSE WORKSHOPS	17:00-18:30 HATHA
A 18:15 - 19:45 PILATES	18:30-20:00 VINYASA 1-2	A 18:15-19:30 HATHA	18:15-19:30 EINSTEIGER	17:30-18:45 JIVAMUKTI		18:30-20:00 STRETCH&RELAX
18:30-20:00 VINYASA 1	18:45-20:00 PRENATAL	18:30-19:45 EINSTEIGER	18:15-19:30 PRENATAL	19:00 - 20:30 INTENSIVKURS		
A 18:45 - 20:00 HATHA	A 19:45-21:00 RÜCKEN	19:45-21:00 CORE FLOW	A 19:45 - 21:00 HATHA		16:30-18:00 VINYASA 0.5	18:45-20:00 EINSTEIGER
A 20:00 - 21:30 PILATES	20:15-21:30 VINYASA 0.5	19:45-21:00 HATHA Stressr.	19:45-21:15 VINYASA 1			18:45-20:00 CORE YOGA
	20:15-21:30 EINSTEIGER	20:00-21:30 VINYASA 1	19:45-21:15 YIN YOGA			

gültig ab 1. Januar 2018 - Änderungen vorbehalten