

Unser Kursplan

MO

08:20 – 09:20
**VINYASA HATHA
YOGA**

09:30 – 10:15
**PILATES &
MOBILITY**

18:30 – 19:15
**RÜCKEN FIT &
Mobility**

19:15 – 20:00
**BAUCH BEINE
PO**

DI

18:20 – 19:10
BODYART

19:15 – 20:00
FITNESS YOGA

MI

09:30 – 10:15
FIT IN DEN TAG

18:00 – 18:45
**PILATES &
MOBILITY**

18:50 – 19:20
BODY FIT

19:20 – 20:05
STEP

DO

18:20 – 19:00
BODY FIT

19:15 – 20:15
VINYASA YOGA

FR

09:30 – 10:15
RÜCKEN FIT

18:00 – 18:30
**BAUCH &
RÜCKEN**

18:30 – 19:15
TABATA

19:15 – 20:00
STEP & SHAPE