

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Yoga (open)	Ballett-Barré (open)	Vinyasa (open)	Vinyasa Flow (open)	Yoga (open)	Body Art (open)	Yoga
9:15-10:30 RI	9:15-10:15 RII	9:15-10:30 RI	9:15-10:45 RI	9:15-10:30 RI	9:15-10:30 RII	10:00-11:30 RI
Caro	Maria	Holger	Michael	Caro	Magali	Wechselnde Yogalehrer*in
Ballett-Barré (open)	Ashtanga Yoga (1-2)	Pilates (2-3)	Pilates (open)	WSG/Faszien (open)	Weekend Flow (2-3)	Ballett-Barré (open)
10:00-11:00 RII	9:45-11:15 RI	9:45-11:00 RII	10:00-11:00 RII	9:45-11:15 RII	10:00-11:30 RI	11:00-12:15 RII
Maria	Gigi	Theresa	Ariel	Frank	Nadja	Jana
Pilates (1-2)	Bodyworkout (open)	Pilates (open)	Pilates	Ballet-Barré	Bodyworkout	Gentle Flow (open)
11:00-12:00 RI	10:30-11:30 RII	16:30-17:30 RII	16:30-17:30 RII	16:15-17:30 RII	11:00-12:00 RII	15:00-16:30 RI
Marianna	Maria	Ariel	Adriana	Alena	Bianca	Andrea
Pilates (2)	Yoga Flow (2-3)	Hatha Yoga (1-2)	Forrest Yoga (open)	Vinyasa Flow (open)	Vinyasa Flow (open)	Pilates (2-3)
16:30-17:30 RII	17:00-18:00 RI	17:00-18:00 RI	17:15-18:45 RI	17:00-18:30 RI	12:00-13:30 RI	16:00-17:00 RII
Kim	Carol	Bea	Nicola	Michael	Nadja	Theresa/Sergey (ab 14.11)
Yoga (2-3)	Bodyworkout	Deepwork	Deepwork (open)	Pilates		Vinyasa (2-3)
17:30-18:45 RI	17:30-18:30 RII	18:00-19:00 RII	18:00-19:00 RII	18:00-19:00 RII		17:00-18:30 RI
Azade	Theresa	Teemu	Magali	Adriana		Sea
Bodyworkout (2)	CrossCircle (open)	Yin Yang Yoga (1-2)	CrossCircle (open)	Sunset Yoga (open)		
18:00-19:00 RII	18:15-18:45 FI	18:15-19:30 RI	18:30-19:00 FI	19:00-20:30 RI		
Kim	Francesca	Bea	Francesca	Carol		
Yin Yang Yoga (open)	Vinyasa Yoga (2-3)	Ballett-Barré (open)	Vinyasa (open)	Ballett-Barré		
19:15-20:45 RI	18:30-19:45 RI	19:30-20:30 RII	19:15-20:45 RI	19:30-20:45 RII		
Holger	Marie	Jana	Holger	Adriana		
Forrest Yoga (open)	CrossCircle (open)	Flow+Restore Yoga (open)	CrossCircle (open)			
19:45-21:00 RII	19:00-19:30 FI	19:45-21:00 RI	19:15-19:45 FI			
Nicola	Francesca	Carol	Francesca			
	Pilates		Ballet-Barré (open)			
	19:00-20:00 RII		19:30-20:30 RII			
	Adriana		Jana			
	Yin Yoga (1-3)					
	20:00-21:15 RI					
	Marie					