

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Yoga (open)	Ashtanga Yoga (1-2)	Vinyasa (open)	Pilates (open)	Yoga (open)	Bodyworkout (open)	Yoga (2-3)
09:00-10:15 RI	08:30-09:45 RI	09:00-10:15 RI	08:30-09:30 RII	09:00-10:15 RI	10:00-11:15 RII	10:00-11:30 RI
Carol	Gigi	Holger	Ariel	Caro	Magali	Gigi
Pilates (open)	Ballet-Barré (open)	Pilates (open)	Vinyasa Flow (open)	WSG/Faszien (open)	Weekend Flow (open)	Ballet-Barré (open)
09:15-10:30 RII	9:15-10:30 RII	09:30-10:30 RII	9:15-10:45 RI	09:00-10:30 RII	10:00-11:30 RI	11:00-12:15 RII
Marianna	Maria	Theresa	Michael	Frank	Nadja	Jana
Vinyasa (open)	Cardio Cross Circle (open)	Yoga (open)	Forrest Yoga (open)	Ballet-Barré (open)	Dance Mix (open)	Basic Flow (1-2)
17:30-18:45 RI	18:15-18:45 FI	12:00-13:00	17:30-19:00 RI	17:30-18:30 RII	11:45-13:00 RII	15:00-16:30 RI
Holger	Francesca	Holger	Nicola	Alena	Jana	Azade
Bodyworkout (2)	Vinyasa Yoga (2-3)	Pilates (open)	Body Art (strength&flow)	Vinyasa Flow (open)	Vinyasa Flow (open)	Pilates (open)
17:45-19:15 RII	18:00-19:15 RI	12:30-13:30	17:30-18:30 RII	17:00-18:30 RI	12:00-13:30 RI	16:00-17:00 RII
Kim	Marie	Maja	Magali	Michael	Nadja	Sergey
Yin Yang Yoga (open)	Core Cross Circle (open)	Deepwork (open)	Functional Flow (open)	Pilates (open)		Advance Flow (2-3)
19:15-20:45 RI	19:00-19:45 FI	17:30-18:30 RII	19:00-20:00 RII	19:00-20:00 RII		17:00-18:30 RI
Holger	Francesca	Teemu	Francesca	Adriana		Azade
Forrest Yoga (open)	Pilates (open)	Yin Yang Yoga (1-2)	Vinyasa (1-2)	Sunset Yoga (open)		
19:45-21:00 RII	19:00-20:00 RII	17:30-18:45 RI	19:30-20:45 RI	19:00-20:15 RI		
Nicola	Adriana	Bea	Marie	Carol		
	Yin Yoga (open)	Ballet-Barré (open)				
	19:45-21:00 RI	19:00-20:00 RII				
	Marie	Jana				
		Restorative Yoga (open)				
		19:15-20:30 RI				
		Carol				