

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Yoga (open)	Ashtanga Yoga (1-2)	Vinyasa (open)	Pilates (open)	Yoga (open)	Bodyworkout (open)	Yoga (2-3)
9:00-10:15 RI	09:00-10:30 RI	09:00-10:15 RI	8:30-09:30 RII	9:00-10:15 RI	10:00-11:15 RII	10:00-11:30 RI
wechselnd	Gigi	Holger	Ariel	Caro	wechselnd	Gigi
Pilates (open)	Ballet-Barré (open)	Pilates (open)	Vinyasa Flow (open)	WSG/Faszien (open)	Weekend Flow (2-3)	Ballet-Barré (open)
10:30-11:45 RII	09:15-10:30 RII	10:30-11:30 RII	9:45-11:00 RI	10:30-11:45 RII	10:00-11:30 RI	11:00-12:15 RII
Marianna	Maria	Maja	Michael	Frank	Nadja	Jana
					Dance Mix (open)	Basic Flow (1-2)
					11:45-13:00 RII	15:00-16:30 RI
					Jana	Azade
Vinyasa (open)	Cardio Cross Circle (open)	Deepwork (open)	Forrest Yoga (open)	Vinyasa Flow (open)	Vinyasa Flow (open)	Pilates (open)
17:30-18:45 RI	18:15-18:45 FL	17:30-18:30 RII	17:30-19:00 RI	17:00-18:30 RI	12:00-13:30 RI	16:00-17:00 RII
Holger	Francesca	Teemu	Nicola	Michael	Nadja	Sergey
Bodyworkout (2)	Vinyasa Yoga (2-3)	Yin Yang Yoga (1-2)	Ballet-Barré (open)	Ballet-Barré (open)		Advance Flow (2-3)
17:45-19:15 RII	18:00-19:15 RI	17:30-18:45 RI	17:30-18:30 RII	17:30-18:30 RII		17:00-18:30 RI
Kim	Marie	Bea	Adriana	Alena		Azade
Yin Yang Yoga (open)	Core Cross Circle (open)	Ballet-Barré (open)	Functional Flow (open)	Sunset Yoga (open)		
19:15-20:45 RI	19:00-19:30 FL	19:00-20:00 RII	18:45-19:45 RII	19:00-20:15 RI		
Holger	Francesca	Jana	Francesca	Carol		
Forrest Yoga (open)	Pilates (open)	Restorative Yoga (open)	Vinyasa (1-2)	Pilates (open)		
19:45-21:00 RII	19:00-20:00 RII	19:15-20:30 RI	19:30-20:45 RI	19:15-20:15 RII		
Nicola	Adriana	Carol	Marie	Adriana		
	Yin Yoga (open)					
	19:45-21:00 RI					
	Marie					