

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Ballet-Barré (open)	Ashtanga Yoga (1-2)	Forrest Yoga (open)	Pilates (open)	Yoga (open)	Pilates (open)	Ballet-Barré (open)
09:00-10:15	08:30-09:30	09:00-10:15	08:30-09:30	09:00-10:15	09:00-10:00	09:30-10:45
Sergey	Gigi	Nicola	Ariel	Caro	Alena (Sergey ab Dezember)	Jana
Pilates (open)	Ballet-Barré (open)	Pilates (open)	Vinyasa flow (open)	WSG/Faszien (open)	Ballet-Barré (open)	Yoga (2-3)
10:30-11:45	09:45-11:00	10:30-11:30	9:45-11:00	10:30-11:45	10:15-11:15	11:00-12:15
Marianna	Maria	Maja	Michael	Frank	Alena (Sergey ab Dezember)	Gigi
					Vinyasa flow (2)	Pilates (open)
					11:30-13:00	15:00-16:00
					Nadja	Sergey
Yin Yang Yoga (open)	Yoga für Schwangere	Pilates (2)	Tanz für Mädels (ab November)	Vinyasa flow (open)	Dance mix (open)	Vinyasa (1)
17:00-18:15	16:00-17:00	17:00-18:00	15:45-16:45	17:00-18:15	15:00-16:15	16:15-17:45
Bea	Kati	Kim	Sergey	Michael	Jana	Hoger
Forrest Yoga (open)	Pilates (open)	Deepwork (open)	Ballet-Barré (open)	Pilates und Stretching (open)	Feel good flow (open)	Vinyasa (2)
18:30-19:45	17:15-18:15	18:15-19:15 FI	17:00-18:00	17:30-18:15 FI	16:30-18:00	18:00-19:30
Nicola	Adriana	Teemu	Adriana	Alena	Carol	Holger
Deepwork (open)	Cross Circle (open)	Power Yoga (2)	Cross Circle (open)	Ballet-Barré (open)		
20:00-21:00	18:30-19:00 FI	18:15-19:15	18:15-18:45 FI	18:30-19:45		
Teemu	Francesca	Nadja	Francesca	Alena		
	Vinyasa (2-3)	Restorative Yoga (open)	Vinyasa flow (open)	Yoga für Anfänger		
	18:30-19:30	19:30-20:45 RI	18:15-19:30	20:00-21:00		
	Nicole	Carol	Holger	Kati		
	Cross Circle (open)		Cross Circle (open)			
	19:15-19:45 FI		19:00-19:30 FI			
	Francesca		Francesca			
	Yin Yoga (open)		Chakra Yoga (open)			
	19:45-21:00		19:45-21:00			
	Nicole		Holger			