

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)
08:30-09:45	08:30-09:30	09:00-10:15	08:30-09:30	09:00-10:15	09:00-10:00	10:30-11:45
Sergey	Gigi	Nicola	Ariel	Caro	Alena/Sergey	Jana
Pilates (open)	Ballet-Barré (open)	Pilates (open)	Vinyasa flow (open)	WSG/Faszien (open)	Ballet-Barré (open)	Yoga (2-3)
10:00-11:15	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	Gigi
					Vinyasa flow (2)	Pilates (open)
					11:30-13:00	15:00-16:00
					Nadja	Sergey
Yin Yang Yoga (open)	Pilates (open)	Pilates (2)	Ballet-Barré (open)	Vinyasa flow (open)	Dance mix (open)	Vinyasa (1)
17:00-18:15	17:15-18:15	17:00-18:00	17:00-18:00	17:00-18:15	15:00-16:15	16:15-17:45
Bea	Adriana	Kim	Adriana	Michael	Jana	Hoger
Forrest Yoga (open)	Fatburner intensity (open)	Deepwork (open)	Cross Circle (open)	Pilates und Stretching (open)	Feel good flow (open)	Vinyasa (2)
18:30-19:45	18:30-19:45	18:15-19:15	18:15-18:45	17:15-18:15	16:30-18:00	18:00-19:30
Nicola	Sergey	Teemu	Adriana	Alena	Carol	Holger
Deepwork (open)	Vinyasa (2-3)	Power Yoga (2)	Vinyasa flow (open)	Ballet-Barré (open)		
18:30-19:30	18:30-19:30	18:15-19:15	18:15-19:30	18:30-19:45		
Teemu	Marie/Nicole	Nadja	Holger	Sergey		
Restorative flow(open)	Yin Yoga (open)	Restorative Yoga (open)	Cross Circle (open)	Forrest Yoga (open)		
20:00-21:15	19:45-21:00	19:30-20:45	18:45-19:15	19:00-20:00		
Marie/Nicole	Marie/Nicole	Carol	Adriana	Nicola		
			Chakra Yoga (open)			
			19:45-21:00			
			Holger			