

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Ballet-Barré (open)	Lower Body (open)	Forrest Yoga (open)	Vinyasa flow (open)	Yoga (open)	Pilates (open)	Ashtanga (2-3)
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	Sergey	Nicola	Holger	Caro	Alena/Sergey	Gigi
Pilates (open)	Ballet-Barré (open)	Pilates (open)	Vinyasa flow (open)	WSG/Faszien (open)	Ballet-Barré (open)	Ballet-Barré (open)
10:00-11:00	09:45-11:00	10:30-11:30	9:45-11:00	10:30-11:45	10:15-11:15	12:00-13:15
Sergey	Maria	Maja	Michael	Frank	Alena/Sergey	Jana
					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	Vinyasa (1)
17:00-18:00	17:00-18:00	17:00-18:00	17:00-18:00	16:45-18:00	15:00-16:15	16:15-17:45
Bea	Adriana	Kim	Adriana	Michael	Jana	Holger
Deepwork (open)	Fatburner intensity (open)	Deepwork (open)	Cross Circle (open)	Pilates und Stretching (open)	Feel good flow (open)	Vinyasa (2)
18:15-19:15	18:15-19:15	18:15-19:00 FI	18:15-19:00 FI	18:15-19:15	16:30-18:00	18:00-19:30
Teemu	Sergey	Teemu	Francesca	Alena	Carol	Holger
Forrest Yoga (open)	Yin Yoga (open)	Power Yoga (2)	Forrest Yoga (open)	Gentle Flow & Meditation		
19:30-20:45	19:30-20:45	18:15-19:15	18:15-19:15	19:30-20:45		
Nicola	Marie	Nadja	Nicola	Nicole		
		Restorative Yoga (open)	Vinyasa flow (open)			
		19:30-20:45	19:30-20:45			
		Carol	Holger			