



KURSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
	Ballett-Barré (open) 09:45-11:00 Maria	Forrest Yoga (open) 09:00-10:15 Nicola		WSG/Faszien (open) 10:00-11:15 Frank	Pilates (open) 09:00-10:00 Alena/Jana	Ashtanga Yoga (2-3) 10:15-11:45 Gigi
		Pilates (open) 10:30-11:30 Maja			Ballett-Barré (open) 10:15-11:15 Alena/Jana	Cross Circle (open) 11:00-11:45 Lioba
					Vinyasa flow (2) 11:30-13:00 Nadja	Ballett-Barré (open) 12:00-13:15 Jana
Yin Yang Yoga (open) 17:00-18:00 Bea	Pilates (open) 17:00-18:00 Adriana	Pilates (2) 17:00-18:00 Kim	Pilates (open) 17:00-18:00 Adriana	Flow & Restore (open) 16:45-18:00 Carol	Feel good flow (open) 16:30-18:00 Carol	Vinyasa (open) 16:30-18:00 Ariyen/Jessica
Deepwork (open) 18:15-19:15 Teemu	Fatburner intensity (open) 18:15-19:15 Francesca	Cross Circle* (open) 18:15-19:00 FI Teemu	Cross Circle* (2-3) 18:15-19:00 FI Francesca	Cross Circle* (open) 17:00 17:45 Lioba		
Forrest Yoga (open) 19:30-20:45 Nicola	Yin Yoga (open) 19:30-20:45 Kati/Sarah	Power Yoga (2) 18:15-19:15 Margrit	Vinyasa Focus Flow (open) 18:15-19:45 Nadja	Pilates und stretching (open) 18:15-19:15 Alena		

1 = Anfänger, 2= Übungserfahrung, 3 = Fortgeschrittene, Open = Anfänger mit Übungserfahrung / Fortgeschrittene

FI = Fläche

*= Für diesen Kurs ist eine Anmeldung unter „Kursbuchung“ erforderlich.