

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
10.30 -11.30 Pilates Matte Simone	10.00 -11.00 Yoga für den Rücken Simone	10.00 - 11.00 Rückentraining Simone	10.00 - 11.30 Orthopädisches Yoga Regina	9.30 - 10.30 Rückentraining Simone
12.00 -13.00 Allegro Simone	11.30 -12.30 Allegro Simone	11.30 - 12.30 Allegro Simone		11.00 - 12.00 Allegro Simone
	16.30 -17.30 Allegro Simone			
17.00 - 18.00 Rückentraining Simone	18.00 -19.00 Pilates Matte Simone	17.15 - 18.30 Vinyasa Yoga Flow Vanessa	17.00 -18.00 Allegro Simone	18.30 - 19.45 Hatha Flow Alex
18.30 -19.30 Pilates Matte Simone	19.30 -21.00 TriYoga Simone	19.00 - 20.00 Pilates Matte Anna	18.30 - 19.30 Aroha Simone	
			20.00 -21.30 TriYoga Simone	