

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	9.00 -10.00 Pilates Matte Level I Simone	9.00 -10.00 Pilates Allegro Reformer/ Chair* Simone		8.30 - 9.30 Pilates Allegro Reformer / Chair* Simone
10.30 - 11.30 Pilates 60+ Simone	10.30 - 11.30 Yoga für den Rücken Simone	10.30 - 11.30 Rückentraining light Simone	10.00 - 11.30 Orthopädisches Yoga Regina	10.00 - 11.00 Rückenfitness Simone
12.00 - 13.00 Pilates Allegro Reformer/ Chair* Simone	12.00 - 13.00 Pilates Allegro Reformer/ Chair* Simone	12.00 - 13.00 Pilates Allegro Reformer/ Chair* Simone		11.30 -12.30 Pilates Allegro Reformer / Chair* Simone
16.00 - 17.00 Pilates Allegro Reformer / Chair* Simone			17.30 - 18.30 Pilates Allegro Reformer / Chair* Simone	14.00 - 15.00 Pilates Baby & Me Simone ab Freitag den 6.8.2021
17.15 - 18.15 Rückenfitness Simone	17.15 -18.30 Yoga Vanessa	18.15 - 19.15 Pilates Level I Anna	18.45 -19.45 Aroha® Simone	18.30 - 19.45 Yoga Flow Alexandra
18.30-19.30 Pilates Matte Level II Simone	18.45 - 19.45 Pilates Matte Level I-II Vanessa	19.30 -21.00 Yoga Flow Regina	20.00 - 21.30 Yoga Flow Simone	
	18.00 -19.00 Hatha Flow ONLINE Alex	19.00-20.00 Pilates Matte ONLINE Simone		

*die Allegro Reformer / Chair - Kurse sind auf 6 Teilnehmer begrenzt und müssen gesondert gebucht werden.