

Kursplan Bewegungsraum gültig ab 06.01.2025

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8.45 -9.45 Pilates Reformer/Chair Simone	8.30 -9.30 Pilates Reformer Absolut Beginner Alex	8.45 -9.45 Pilates Reformer/Chair Simone		8.30 -9.30 Pilates Reformer/Chair Simone
10.00 - 11.00 Pilates 60+ Simone	10.00 - 11.15 Yoga für den Rücken Alex	10.00 - 11.00 Rückentraining light Simone	10.00 - 11.30 Orthopädisches Yoga Regina	9.45 -10.45 Rückenfitness Simone
11.15 -12.15 Pilates Reformer/Chair Simone		11.15 - 12.15 Pilates Reformer/Chair Simone		11.00 -12.00 Pilates Reformer/Chair Simone
				12.00 -13.00 Pilates Reformer/Chair Simone
16.00 -17.00 Pilates Reformer/Chair Simone			16.30 -17.30 Pilates Reformer/Chair Simone	
17.15-18.15 Rückenfitness Simone	17.00 -18.00 Pilates Reformer/Chair Simone		17.30 -18.30 Pilates Reformer/Chair Simone	17.15 -18.15 Pilates Reformer Absolut Beginner Alex
18.30-19.30 Pilates Matte Intermediate-Advanced Simone	18.15-19.15 Pilates Matte Beginner-Intermediate Simone	18.15-19.15 Pilates Matte Beginner-Intermediate Anna	18.45-19.45 Aroha Simone	18.30 -19.45 Hatha Yoga Flow Alex
	19.30-20.45 Yoga Flow intensiv Simone	19.30-21.00 Yin Yoga & more Regina	19.45 -21.00 Yoga Flow Stretch & Relax Simone	

* Die Pilates Reformer Beginner Klassen sind auf 4 Personen begrenzt , die Allegro Chair Klassen auf 6 Personen und müssen gesondert gebucht werden.