

KURSPLAN BEWEGUNGSRAUM

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8.45 -9.45 Pilates Allegro/Chair Simone		8.45 -9.45 Pilates Allegro/Chair Simone		8.30 -9.30 Pilates Allegro/Chair Simone
10.00 - 11.00 Pilates 60+ Simone	10.00 - 11.15 Yoga für den Rücken Simone	10.00 - 11.00 Rückentraining light Simone	10.00 - 11.30 Orthopädisches Yoga Regina	10.00-11.00 Rückenfitness Simone
11.15 -12.15 Pilates Allegro/Chair Simone	11.30 -12.30 Pilates Allegro / Chair Simone	11.15 - 12.15 Pilates Allegro / Chair Simone		11.30 -12.30 Pilates Allegro/Chair Simone
			16.30 -17.30 Pilates Allegro/Chair Simone	
16.00 -17.00 Pilates Allegro/Chair Simone	17.00 -18.00 Pilates Allegro/Chair Simone		17.30 -18.30 Pilates Allegro/Chair Simone	
17.15-18.15 Rückenfitness 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
18.30-19.30 Pilates Matte Intermediate-Advanced Simone	19.30-20.45 Yoga Flow intensiv Simone	19.30-21.00 Yin Yoga & more Regina	20.00-21.30 Yoga Flow Stretch & Relax Simone	

* Die Pilates Allegro / Chair Klassen sind auf 6 Personen begrenzt und müssen gesondert gebucht werden