



Aktueller Stundenplan Winter/ Frühling 2020

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| Montag: | 09.00- 10.00 | Pilates |
| | 10.00- 11.15 | Yin Yoga |
| | 17.45- 19.00 | Power Yoga |
| | 19.00- 20.00 | Pilates |
| | 20.00- 21.15 | Med.Yoga |
| Dienstag: | 09.00- 10.00 | Pilates |
| | 18.00- 19.15 | Yin Yoga |
| | 19.15- 20.30 | Power Yoga |
| Donnerstag: | 18.00- 19.00 | Pilates |
| | 19.00- 20.00 | Pilates |