

Aktueller Stundenplan 2026

Montag:	18.30- 19.30	Pilates
	19.40- 20.55	Spiraldynamik® Medical Yoga
Dienstag:	09.00- 10.00	Pilates
	10.10- 11.10	Spiraldynamik® Medical Yoga
	18.00- 19.00	Pilates
	19.10- 20.25	Spiraldynamik® Medical Yoga