



## Aktueller Stundenplan ab Januar 2022

|             |              |                             |
|-------------|--------------|-----------------------------|
| Montag:     | 09.00- 10.00 | Pilates                     |
|             | 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 |
|             | 17.45- 19.00 | Yin Yoga                    |
|             | 19.10- 20.25 | Spiraldynamik® Medical Yoga |
| Donnerstag: | 18.00- 19.00 | Pilates                     |
|             | 19.10- 20.10 | Pilates                     |