



Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
			<b>VINYASA YOGA**</b> 9:30 - 10:30 Pauline		<b>PILATES ALLEGRO</b> 7:00 - 8:00 Sandra	<b>HATHA YOGA**</b> 9:30 - 10:30 Sandra <b>ONLINE</b>	
	<b>HATHA YOGA**</b> 7:30 - 8:30 Sandra <b>HYBRID</b>	<b>PILATES**</b> 16:20 - 17:20 Sandra <b>ONLINE</b>		<b>PILATES ALLEGRO</b> 8:00 - 9:00 Aleksandra	<b>PILATES ALLEGRO</b> 8:10 - 9:10 Sandra		
	<b>PILATES ALLEGRO</b> 10:00 - 11:00 Sandra	<b>AERIAL YOGA**</b> 17:00 - 18:15 Kathy	<b>PILATES ALLEGRO</b> 11:00 - 12:00 Pauline	<b>PERSONAL TRAINING</b> 9:30 - 10:30 Aleksandra	<b>VINYASA FLOW**</b> 9:15 - 10:30 Kathy <b>ONLINE</b>		
		<b>YIN YOGA**</b> 17:30 - 18:45 Aleksandra <b>ONLINE</b>		<b>YIN YOGA**</b> 15:30 - 16:45 Heike <b>HYBRID</b>			
	<b>AERIAL YOGA MINDFUL**</b> 17:00 - 18:15 Angela	<b>PILATES ALLEGRO</b> 18:00 - 19:00 Anika		<b>PILATES**</b> 17:00 - 18:00 Pauline	<b>PERSONAL TRAINING</b> 17:00 - 18:00 Aleksandra		
		<b>AERIAL YOGA**</b> 18:30 - 19:45 Kathy	<b>YOGAPILATES**</b> 17:30 - 18:45 Sabrina <b>ONLINE</b>	<b>VINYASA YOGA**</b> 18:30 - 19:45 Pauline			<b>YOGA &amp; MEDITATION**</b> 18:00 - 19:15 Claudia & Kerstin <b>ONLINE</b>
	<b>YOGA &amp; MEDITATION**</b> 18:30 - 19:45 Angela	<b>PILATES ALLEGRO</b> 19:15 - 20:15 Anika	<b>HATHA ABENDPRAXIS**</b> 18:00 - 19:00 Birgit	<b>PILATES ALLEGRO</b> 20:00 - 21:00 Pauline			
		<b>YOGA FÜR RÜCKEN &amp; SCHULTERN**</b> 19:00 - 20:15 Aleksandra <b>ONLINE</b>	<b>YOGA &amp; MEDITATION**</b> 19:30 - 20:45 Birgit	<b>HATHA &amp; MEDITATION**</b> 20:00 - 21:15 Claudia <b>ONLINE</b>			

\* Zeitlos Flatrate + 10er Karte \* Yoga Flatrate \* Aerial/ Sling Flatrate

## Workshops & Specials

26.04. PILATES ALLEGRO SCHNUPPERKURS 10:00 - 11:30 Anika  
 24.05. PILATES ALLEGRO SCHNUPPERKURS 10:00 - 11:30 Pauline

mehr Infos hier

