

# KURSPLAN

gültig ab dem 15. Mai 2020,

Änderungen vorbehalten!

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
			 BALLance 9.45 – 10.30	<b>Pilates Flow</b> 9.45-10.30	
		Hatha Yoga Flow 10.30 - 11.15	Pilates 10.45 – 11.30	Bodystyling 10.45– 11.30	Pilates 10.30 – 11.15
					<b>LES MILLS BODYPUMP</b> 11.30 -12.15
WSG 17.45 - 18.30				Yoga Special 17.30 – 18.15	<b>LES MILLS BODYPUMP</b> 12.30-13.15
<b>LES MILLS BODYPUMP</b> 18.45 -19.30	Pilates 17.45 - 18.30	<b>LES MILLS BODYPUMP</b> 18.00-18.45	BBP 18.15 – 19.00	Yoga Special 18.30 – 19.15	<b>Sonntag</b>
Pilates 19.45 – 20.30	Step 18.45 – 19.30	<b>Pilates Flow</b> 19.00-19.45	Pilates 19.15 - 20.00	WSG 19.30 – 20.15	Step III 11.00 - 11.45
Fit Yoga Basic 20.45 – 21.30	ZUMBA 19.45 - 20.30	 BALLance 20.00 – 20.45	Pilates 20.15 – 21.00		BBP 12.00 – 12.45