

KURSE

Rückgrat WOMAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 Dance	09.30 fle-xx WS	09.30 Pilates	09.30 fle-xx WS	08.30 Beckenboden	09.30 fle-xx WS	
10.30 90 Min Hatha Yoga	10.30 Beckenboden	10.30 Bodyforming	10.30 Cardio	09.30 Pilates	10.30 Dance	
16.00 World Jumping	12.30 Dance	16.00 Pilates	11.30 Dance	10.30 Dance	11.30 Bodyforming	
17.00 Piloxing	13.30 90 Min Hatha Yoga	17.00 Piloxing	12.30 90 Min Kundalini Yoga	14.00 90 Min Pilates		
17.00 Cardio 2	16.30 Ballett Exercises	18.00 Vinyasa Yoga	17.30 bodyArt 2	16.00 30 Min Core		
18.00 bodyArt	17.30 Faszientraining	19.00 BodyPump	18.00 30 Min Hula Hoop	16.30 deepWork	09.30 45 Min Hula Hoop	
19.00 Pilates	17.30 Hatha Yoga 2	20.00 fle-xx WS 2	18.30 Dance	17.30 Bodyforming	10.30 Pilates	
19.00 90 Min Vinyasa Yoga 2	18.30 Cardio		19.30 90 Min Vinyasa Yoga	18.30 90 Min Hatha Yoga	16.30 Dance	
20.00 fle-xx WS	18.30 fle-xx WS 2				17.30 90 Min Hatha Yoga	
	19.30 Bodyforming					

