

# KURSE

Rückgrat ZO

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08.30 Pilates	09.30 Bodyforming	09.30 Bodyforming	09.30 Pilates	09.30 Bodyforming	09.30 Bodyforming	10.00 fle-xx WS
09.30 Pilates	09.30 fle-xx WS 2	09.30 fle-xx WS 2	10.30 Dance	09.30 Kundalini Yoga 90 Min 3	10.30 Pilates	11.00 Pilates
10.30 BodyPump	10.30 bodyArt	10.30 Pilates	10.30 fle-xx WS 2	10.30 fle-xx WS	10.30 Hatha Yoga 90 Min 3	11.00 Faszientraining 2
10.30 fle-xx WS 2	10.30 Feldenkrais 3	11.30 World Jumping	17.00 Step	16.00 Hatha Yoga 90 Min	17.00 Core 30 Min	12.00 Bodyforming
16.30 Bodyforming	17.00 Pilates 2	17.30 Core 30 Min	17.00 bodyArt 2	16.30 Vinyasa Yoga 90 Min 3	17.30 Step	15.30 Dance
17.30 World Jumping	18.00 bodyArt	17.30 bodyArt 2	18.00 deepWork	16.30 Bodyforming		17.00 BodyPump
17.30 deepWork 2	19.00 BodyPump	18.00 Box Fitness	18.00 Kundalini Yoga 90 Min 3	17.45 BodyPump		
18.15 Hatha Yoga 90 Min 3	19.00 fle-xx WS 2	18.30 Hatha Yoga 90 Min 3	19.00 Bodyforming	18.00 Hatha Yoga 90 Min 3		
18.30 Core 30 Min	19.30 Ashtanga Yoga 90 Min 3	19.15 BodyPump	20.00 Dance	19.00 World Jumping		
19.00 fle-xx WS 2	20.15 Dance	20.30 fle-xx WS	20.30 fle-xx WS 2	19.00 fle-xx WS 30 Min 2		
19.00 Pilates			20.30 Hatha Yoga 90 Min 3			
20.00 Kundalini Yoga 90 Min 3						

