

# KURSE

## Rückgrat WOMAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 Dance	09.30 fle-xx WS	09.30 Pilates	08.30 Beckenboden	09.30 Dance	09.30 fle-xx WS	
10.30 Dehnen mit Thai-Einflüssen   <small>30 Min</small>	10.30 Beckenboden	10.30 Bodyforming	09.30 Pilates	10.30 Dance & Dehnen	10.30 Dance	
10.30 Hatha Yoga   2 <small>90 Min</small>	12.30 Dance	16.00 Pilates	09.30 fle-xx WS   2	14.00 Pilates   <small>90 Min</small>	11.30 Bodyforming	
17.00 Piloxing	13.30 Hatha Yoga   <small>90 Min</small>	17.00 Piloxing	10.30 Cardio	16.00 Core   <small>30 Min</small>		
17.15 bootyBoost   2 <small>30 Min</small>	16.30 Ballett Exercises	18.00 Vinyasa Yoga	11.30 Dance	16.30 deepWork   2		
17.45 Core   2 <small>30 Min</small>	17.30 Faszientraining	19.00 BodyPump	12.30 Kundalini Yoga   <small>90 Min</small>	16.30 BodyPump	09.30 Hula Hoop   <small>30 Min</small>	
18.00 bodyArt	17.30 Hatha Yoga   2	20.00 fle-xx WS   2	17.30 bodyArt   2	17.30 Bodyforming   2	10.00 bootyBoost   <small>30 Min</small>	
19.00 Pilates	18.30 Cardio		18.00 Hula Hoop   <small>30 Min</small>	18.30 Hatha Yoga   <small>90 Min</small>	10.30 Pilates	
19.00 Vinyasa Yoga   2 <small>90 Min</small>	18.30 fle-xx WS   2		18.30 Dance		16.30 Dance	
20.00 fle-xx WS	19.30 Bodyforming		19.30 Vinyasa Yoga   2 <small>90 Min</small>		17.30 Hatha Yoga   <small>90 Min</small>	

