

GÜLTIG WÄHREND DES UMBAUS

# KURSE



Rückgrat ALTER ZOLLHOF

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
09.30 fle-xx WS	09.30 Faszienspilates 2	09.30 fle-xx WS	09.00 Vinyasa Yoga 2	10.00 Vinyasa Yoga   90 Min	09.30 Ashtanga Yoga   90 Min	09.30 Hatha Yoga 2
09.30 Pilates 2	10.00 fle-xx WS	09.30 Pilates 2	09.30 fle-xx WS	16.00 Hatha Yoga   90 Min	11.00 Vinyasa Yoga   90 Min	10.00 Dance
10.30 Hatha Yoga 2 90 Min	10.30 Vinyasa Yoga 2 90 Min	10.30 BodyPump	10.45 Pilates 2	17.00 fle-xx WS 2	17.30 Pilates	10.30 Hatha Yoga 2 90 Min
10.35 Eutonie	17.00 Bodyforming	10.30 Vinyasa Yoga 2 90 Min	16.00 Kundalini Yoga 2	17.30 BodyPump	17.30 Hatha Yoga 2 90 Min	11.00 Bodyforming
17.30 Core   30 Min	17.00 Pilates 2	16.00 Feldenkrais 2	17.00 fle-xx WS	18.00 Pilates 2		17.00 Pilates
18.00 Box Fitness	18.00 Dance	17.00 Dance	17.30 Core 2 30 Min	18.30 Vinyasa Yoga   90 Min		
18.30 deepWork 2	18.15 fle-xx WS 2	17.00 Pilates 2	18.00 Bodyforming			
19.15 BodyPump	19.15 BodyPump	18.00 BodyPump	18.00 deepWork 2			
19.30 fle-xx WS 2 30 Min	19.15 Vinyasa Yoga 2 90 Min	18.00 Pilates 2	19.00 fle-xx WS 2 30 Min			
	20.45 Meditation 2 45 Min	19.00 Hatha Yoga 2 90 Min	19.00 Pilates			
		19.15 deepWork				
		20.30 Pilates 2				

- Figur & Kräftigung
- Rücken & Gesundheit / Yoga
- Cardio

