

Something you love!

Kalenderwoche 38 (16.09.19 – 22.09.19)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Yoga 08:30-09:30		Yoga 08:30-09:30	Dance & Stretch 08:30-09:30	Yin Yoga 08:30-09:30		
Pilates 09:30-10:30	Zumba 09:00-10:00	Bodyshaping 09:30-10:30	Bodywork 09:30-10:30	Pilates 09:30-10:30	Dynamic Core 09:30-11:00	
Rückenfit 10:30-12:00	Yoga & Stretch 10:00-11:30	Rückenfit 10:30-11:30	Rückenfit 10:30-11:30	Bodyshaping 10:30-11:30	Dance & Six-Pack 11:00-12:30	BBP 10:30-11:30
	Special Pilates 11:30-12:30		Spinning 11:30-12:30			Yoga 11:30-13:00
			Pilates 50+ 13:00-14:00		Spinning 14:00-15:00	
			Faszien Roll 14:00-14:30		Hatha Yoga 15:00-16:00	Bodywork 15:00-16:00
			Smovey 14:30-15:30	Be-Bo 16:00-16:30	Zumba 16:30-17:30	
BBP 16:30-17:30	Rückenfit 16:30-17:30	BBP 17:00-18:00	Rückenpilates 16:30-17:30	Pilates 16:30-17:30		
Zumba 17:30-18:30	Pilates Weights 17:30-18:30	Rückenfit 18:00-19:00	Tabata 17:30-18:30	BBP 17:30-18:30		
Fatburner 18:30-19:30	Piloxing 18:30-19:30	deepWORK 19:00-20:00	80's Aerobic 18:30-19:30	Yoga 18:30-19:30		
Total Body 19:30-20:30	Dance Special 19:30-20:30		Athletic Flow 19:30-20:30			