



KURSPLAN

gültig ab 13.09.2021

Start	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00	Yoga BASIC 08:45 - 09:45 Sylvia	Meditation 08:00 - 08:45 Lutz		Morning Yoga 08:15 - 09:15 Steffi			
09:00		Aroha 09:00 - 09:50 Sabrina		Meditation 09:30 - 10:15 Konstantin	Rückenyo 09:00 - 10:15 Sylvia		
10:00	Hatha Yoga 10:00 - 11:30 Sylvia	DEEN Workout Beweglichkeit 10:00 - 11:00 Sabrina	Qi Gong 10:00 - 11:00 Parichard		bodyART Med. & Recovery 10:30 - 11:30 Caro		Hatha Yoga 10:30 - 12:00 Steffi
11:00			Tai Chi 11:10 - 12:10 Parichard			deepWORK 11:00 - 12:00 Martin	
17:00		DEEN Workout Zirkeltraining 17:00 - 17:50 Olli	Faszientraining 17:00 - 17:50 Ruth	Yoga Flow 17:15 - 18:15 Sylvia	Pilates 17:00 - 17:50 Petra		
18:00	Pilates 18:00 - 18:50 Annette	bodyART 18:00 - 19:00 Caro	Meditation 18:00 - 18:45 Konstantin	DEEN Workout Rücken 18:30 - 19:20 Susanna	Yin Yoga 18:00 - 19:00 Petra		
19:00	DEEN Workout Rücken 19:00 - 19:50 Annette	Hatha Yoga 19:15 - 20:45 Nika	bodyART Internat. 19:00 - 20:15 Martin	DEEN Workout FitMix 19:30 - 20:20 Susanna			

