



# KURSPLAN

gültig ab 19.04.2022

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

