



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7 Uhr							
8 Uhr	Dance Yoga 07:30 - 08:30 Claudia Weh						
9 Uhr						Yoga Einsteiger 09:00 - 10:00 Frank Beringer	Fit for Day 09:00 - 10:00 Sabine Armbruster
10 Uhr	Yoga Einsteiger 10:00 - 11:00 Barbara Aigner	Yoga Basic 10:00 - 11:00 Kannan Krishnaswamy	Yoga Basic 10:00 - 11:00 Anita Vogt	Yoga Flow 10:00 - 11:00 Anita Vogt	Power Yoga 10:00 - 11:00 Kannan Krishnaswamy	Workout Yoga 10:00 - 11:00 Frank Beringer	Pilates Einsteiger 10:00 - 11:00 Sabine Armbruster
11 Uhr	Faszien in Bewegung 11:00 - 12:00 Barbara Aigner	Power Yoga 11:00 - 12:00 Kannan Krishnaswamy	Yoga Rücken 11:00 - 12:00 Anita Vogt	Yogilates 11:00 - 12:00 Anita Vogt	Yoga Exakt 11:00 - 12:00 Kannan Krishnaswamy	Pilates 11:00 - 12:00 Susanne Ehrenheim	Yoga 11:00 - 12:00 Sabine Armbruster
12 Uhr			Yoga Flow 12:00 - 13:00 Anita Vogt	Power Yoga 12:00 - 13:00 Anita Vogt		Yoga Slow 12:00 - 13:00 Patricia Ell, Heike Kleinfeldt	Yoga für Schwangere 12:00 - 13:00 Vanessa Doll
13 Uhr				Yoga 13:00 - 14:00 Vanessa Doll		Yoga meets Pilates 13:00 - 14:00 Heike Kleinfeldt, Patricia Ell	Yoga mit der Blackroll 13:00 - 14:00 Vanessa Doll
14 Uhr				Pilates Flow 14:00 - 15:00 Vanessa Doll		Yoga Flow 14:00 - 15:00 Caroline Adrian	Power Yoga 14:00 - 15:00 Vanessa Doll
15 Uhr						Power Yoga 15:00 - 16:00 Caroline Adrian	Stretch & Relax 15:00 - 16:00 Vanessa Doll
16 Uhr			Vitaler Rücken 16:00 - 17:00 Chris Chmiel	Yoga meets Pilates 16:00 - 17:00 Sabine Armbruster	Yoga Rücken 16:00 - 17:00 Jutta Wenzel	Yoga Flow 16:00 - 17:00 Kamila Kufłowski	Yoga meets Pilates 16:00 - 17:00 Tanja Schiffmann, Corinna Wiedicke
17 Uhr	Yoga 17:00 - 18:00 Friederike C. Bachmann-Rosbach		Pilates 17:00 - 18:00 Chris Chmiel	Stretch & Relax 17:00 - 18:00 Sabine Armbruster	Pilates 17:00 - 18:00 Jutta Wenzel		
18 Uhr	Pilates Einsteiger 18:00 - 19:00 Friederike C. Bachmann-Rosbach	Pilates 18:00 - 19:00 Emma Louise Cloggie	Power Yoga 18:00 - 19:00 Sabrina Sesay	Power Yoga 18:00 - 19:00 Kamila Kufłowski	Power Yoga 18:00 - 19:00 Jutta Wenzel		
19 Uhr	Pilates 19:00 - 20:00 Friederike C. Bachmann-Rosbach	Yoga Relax 19:00 - 20:00 Emma Louise Cloggie	Yoga Exakt 19:00 - 20:00 Sabrina Sesay	Pilates Einsteiger 19:00 - 20:00 Petra Roemer	Yoga meets Pilates 19:00 - 20:00 Jutta Wenzel		
20 Uhr	Yogilates 20:00 - 21:00 Friederike C. Bachmann-Rosbach	Yoga 20:00 - 21:00 Nicole Zielinski	Capoeira 20:00 - 22:00 Daniel Barbosa	Yoga 20:00 - 21:00 Corinna Wiedicke			
21 Uhr							
22 Uhr							