

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
Ballett Barre (open) 08:30 - 09:45 Sergey	Ballett Barre (open) 09:45 - 11:00 Maria	Forrest Yoga (open) 09:00 - 10:15 Nicola	Vinyasa flow (open) 09:30 - 10:45 Mira	WSG / Faszien (open) 10:00 11:15 Frank	Pilates (open) 09:00 - 10:00 Alena / Sergey	Ashtanga Yoga (2-3) 10:15 - 11:45 Gigi
		Pilates (open) 10:30 - 11:30 Maja			Ballett Barre (open) 10:15 - 11:15 Alena / Sergey	Ballett Barre (open) 12:00 - 13:15 Jana
Yin Yang Yoga (open) 17:00 - 18:00 Bea	Pilates (open) 17:00 - 18:00 Adriana	Pilates (open) 17:00 - 18:00 Kim	Pilates (open) 17:00 - 18:00 Adriana	Flow & Restore (open) 16:45 - 18:00 Carol	Vinyasa flow (2) 11:30 - 13:00 Nadja	Lower body (open) 15:00 - 16:15 Sergey
Deepwork (open) 18:15 - 19:15 Teemu	Fatburner intensity (open) 18:15 - 19:15 Sergey	Cross Circle (open) 18:15 - 19:00 Fl Teemu	Cross Circle (2-3) 18:15 - 19:15 Fl Francesca	Cross Circle (open) 17:00 - 17:45 Lioba	Dance mix (open) 15:00 - 16:15 Jana	Vinyasa (open) 16:30 - 18:00 Lena / Jessica
Forrest Yoga (open) 19:30 - 20:45 Nicola	Yin Yoga (open) 19:30 - 20:45 Kati / Sarah	Power Yoga (2) 18:15 - 19:15 Nadja	Vinyasa focus flow (open) 18:15 - 19:45 Nadja	Pilates und Stretching (open) 18:15 - 19:15 Alena	Feel good flow (open) 16:30 - 18:00 Carol	
		Restorative Yoga (open) 19:30 - 20:45 Carol				