K U R S P L A N

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08:00 - 09:00 HOT PILATES		08:00 - 08:45 FORMER WORK			10:00 - 11:00 FORMER WORK	
09:15 - 10:15 HOT YOGA		09:00 - 10:00 HATHA YOGA			11:15 - 12:15 VINYASA FLOW	

RHYTHM AND FLOW

YOGA | PILATES | ST. INGBERT

	17:00 - 18:00 FORMER WORK		17:00 - 17:30 FORMER WORK	17:00 - 18:00 HATHA YOGA	16:15 - 17:15 HOT PILATES	
	18:15 - 19:15 HOT YOGA		17:45 - 18:45 VINYASA FLOW	18:15 - 19:00 HOT PILATES	17:30 - 18:30 YIN YOGA	
	19:30 - 20:30 YIN YOGA		19:00 - 20:00 HOT YOGA			

DER KURSPLAN WIRD REGELMÄSSIG, JE NACH KURSAUSLASTUNG, ERWEITERT UND ANGEPASST.