

KURSPLAN DEZEMBER

MONTAG

8.00 REFORMER TOTAL BODY 

9.15 REHASPORT 

12.00 REFORMER TOTAL BODY 

13.00 REFORMER LOWER BODY
13.30 REFORMER UPPER BODY 

16.00 BARRELATES 

17.00 YOGA MEETS REFORMER 

NEW! 17.00 ASHTANGA YOGA 

17.15 BIKRAM YOGA 

18.00 TOTAL BODY REFORMER 

NEW! 18.45 RELAX YOGA 

18.45 LES MILLS SHAPES 

19.00 REFORMER TOTAL BODY 

19.30 LES MILLS BODYPUMP 

DIENSTAG

12.00 YOGA MEETS REFORMER 

13.00 REFORMER TOTAL BODY 

16.00 REFORMER LOWER BODY
16.30 REFORMER UPPER BODY 

17.00 REFORMER RECOVERY 

17.00 LES MILLS PILATES 

18.00 VINYASA FLOW 

18.15 HATHA YOGA 

18.15 STEP AEROBIC 

19.15 DANCE JAMMING 

19.30 YIN YOGA 

MITTWOCH

8.45 HATHA YOGA 

12.00 REFORMER TOTAL BODY 

13.00 REFORMER LOWER BODY
13.30 REFORMER UPPER BODY 

16.00 YOGA MEETS REFORMER 

17.00 REFORMER TOTAL BODY 

18.15 ASHTANGA YOGA 

20.00 BREATHWORK & PRANAYAM 

DONNERSTAG

8.00 REFORMER TOTAL BODY 

9.15 REHASPORT 

12.00 REFORMER TOTAL BODY 

13.00 REFORMER LOWER BODY
13.30 REFORMER UPPER BODY 

16.00 TOTAL BODY REFORMER 

17.00 LES MILLS SHAPES 

NEW! 18.00 CREATIVE VINYASA 

NEW! 18.00 LES MILLS BODYPUMP 

19.00 TEACHER TRAINING 

NEW! 19.00 LES MILLS BODYCOMBAT 

19.30 RELAX YOGA 

FREITAG

12.00 REFORMER TOTAL BODY 

13.00 REFORMER LOWER BODY
13.30 REFORMER UPPER BODY 

NEW! 15.30 REFORMER TOTAL BODY 

NEW! 16.30 REFORMER TOTAL BODY 

NEW! 17.30 REFORMER TOTAL BODY 

17.00 BARRELATES 

18.15 HATHA TO YIN 

SAMSTAG

09.00 ASHTANGA YOGA 

09.00 PILATES 

10.00 LES MILLS BODYPUMP 

10.45 YIN & SOUND 

12.00 BARRELATES 

13.15 REFORMER TOTAL BODY 

14.15 YOGA MEETS REFORMER 

15.15 REFORMER RECOVERY 

SONNTAG

NEW! 09.00 LES MILLS BODYCOMBAT 

10.00 LES MILLS BODYPUMP 

11.10 LES MILLS SHAPES 

12.10 DANCE JAMMING 