

Kursplan ab November 2023/ LIVE + ONLINE

Montag

19:40 – 20:40	Pilates (Bauch,Beine,Popo)

Freitag

17:00 – 18:00	Hormon Yoga

Dienstag

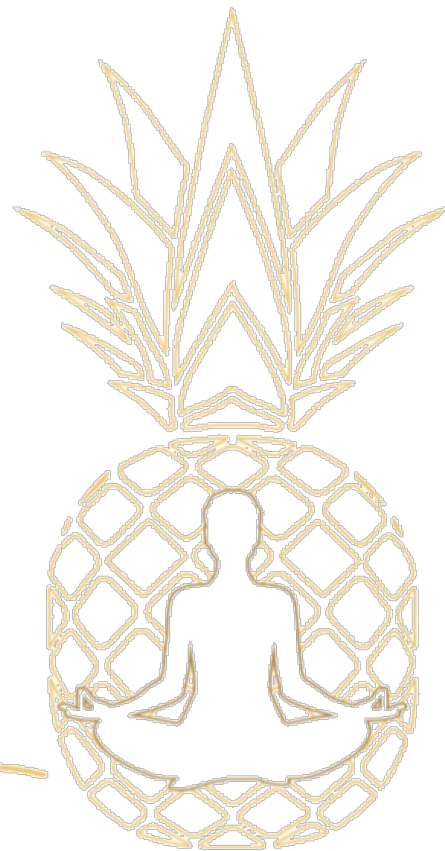
19:10 – 20:10	Pilates Oberkörper

Mittwoch

19:10 – 20:10	Hormon Yoga

Donnerstag

17:30 – 18:30	AKRO YOGA KIDS
19:10 -20:10	Pilates (Bauch,Beine,Po)



Studio
Ananas