

Kursplan ab 27.3.2023 / LIVE + ONLINE

Montag

-

17:15 – 18:00	Aerial Yoga Kids
18:30 – 18:00	Hiit
19:10 – 20:10	Pilates (Bauch,Beine,Po)
20:15 – 21:15	Hatha Yoga / Yoga Nidra

Mittwoch

10:30 – 11:15	Pilates (all Body)

Donnerstag

Dienstag

17:00- 18:00	Acro Yoga Kids
18:30-19:30	Zumba
19:45 – 20:30	Pilates (Oberkörper)
20:35 – 21:35	Vinyasa Yoga

17:00 – 17:45	Aerial Yoga Kids
18:30 – 19:00	Hiit
19:10 – 20:10	Pilates (Bauch + Beine + Po)
20:15 – 21: 15	Hatha Yoga / Meditation/Y.Nidra

