

Stundenplan Herbstferien 2020

1. Woche, 28.9. – 2.10.20

Montag	10.15 – 11.15 18.00 – 19.00 19.15 – 20.45	Female Power Boost Pilates Hatha Yoga Flow
Mittwoch	9.00 – 10.00 10.15 – 11.15 12.00 – 13.00	Yoga meets Pilates Ayur Yoga Yoga meets Pilates
Donnerstag	18.00 – 19.00 19.15 – 20.45	Yoga meets Pilates Hatha Yoga Flow

2. Woche, 5.10. – 9.10.20

Montag	19.15 – 20.45	Hatha Yoga Flow
Mittwoch	10.15 – 11.15 12.00 – 13.00	Ayur Yoga Yoga meets Pilates
Donnerstag	18.00 – 19.00 19.15 – 20.45	Yoga meets Pilates Yoga Flow

3. Woche, 12.10. – 16.10.20

Montag	10.15 – 11.15 18.00 – 19.00 19.15 – 20.45	Female Power Boost Pilates Hatha Yoga Flow
Mittwoch	9.00 – 10.00	Yoga meets Pilates
Donnerstag	9.00 – 10.00 18.00 – 19.00 19.15 – 20.45	Ayur Yoga Yoga meets Pilates Hatha Yoga Flow