



Stundenplan Frühling/Sommer 2021 /// Mai - August 2021

Zeit	Mo	Di	Mi	Do	Fr	Sa
08:00 – 09:00						08:30 – 09:45 Yoga Drop In Team
09:00 – 10:00	Pilates Barbara Studer		Pilates Kleingruppe Barbara	Pilates Physio Christine Poëll	09:30 – 10:30 Power Yoga Barbara Studer	
10:15 – 11:15	Pilates Barbara Studer					10:00 – 11:00 Cantienica Anna-Giulia
12:10 – 13:00			Pilates Sybille Koch		Pilates-Reformer *NEU* Barbara Studer	11:30 – 12:30 Cantienica Anna-Giulia
			16:30 – 17:45 Yoga for Beginners Sibylle Weltert			
17:45 – 18:45	Pilates Sybille Koch	Yoga Stéphanie Camen	18:00 – 19:30 Vinyasa Yoga Moni Steiger	Pilates Karin Unger		
19:00 – 20:00	Yoga Silvia Keller	Hatha Yoga *NEU* Sibylle Weltert	19:45 – 21:00 Yoga Flow Alena Kundela	Pilates Barbara Studer		
20:15 – 21:15				Power Yoga Barbara Studer		