

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
8:00-9:00 Yogilates 211-31516	8:00-8:45 Wake Up Gymnastik 211-32082/83/84		7:45-8:45 Pilates 211-32206	
9:15-10:15 Wirbelsäulengym. 211-32015			9:00-10:00 Pilates 211-32207	
9:00-10:00 Zumba®Gold 211-209931				
		13:00-13:45 Achtsamkeit am Mittag 211-31128		
		16:00-17:00 Zumba®Gold 211-209981		
17:00-18:00 Hatha Yoga 211-31428			17:00-18:00 Hatha Yoga 211-31429	
18:15-19:15 Kundalini Yoga 211-31500		17:50-19:20 Hatha Yoga 50 plus 211-88306		18:00-19:30 Meditation 211-31126
18:30-20:00 Meditation&Yoga 211-88308		18:00-19:00 Entspannung digital 211-31205/-31206/-31207		
18:30-20:00 Fitness für Pendler 211-32090/-32091				
18:45-20:00 Hatha Yoga 211-31420	19:30-21:00 Yoga & Entspannung 211-88309	19:30-20:30 Kundalini Yoga 211-31503	19:00-20:00 Schongymnastik 211-88310	
19:30-21:00 Fit im Homeoffice 211-32089/211-32088	19:30-20:030 deepWork® 211-88352	19:30-21:00 Hatha Yoga 211-88307	19:00-20:00 Functional Fitness 211-32147	
		20:00-21:30 Eutonie 211-31241		
		20:20-21:20 Zumba®Fitness 211-209911		