

 KURSPLAN

Montag

Yoga
09:30 - 10:30
Faszien Yoga
10:45 - 11:45



**Functional
Fitness**
17:30 - 18:30

PMR
17:30 -
18:30

**Punch
Power**
18:30 -
19:30

**Autogenes
Training**
18:30 -
19:30

Dienstag

**Hatha Yoga - sanft für
Einsteiger**
09:30 - 10:30
**Hatha Yoga - Dynamik &
Flow**
10:45 - 11:30



Pilates
17:30 - 18:00



Stretch & Relax
18:30 - 19:30

Mittwoch

Shakra Yoga
09:30 - 10:45

Pilates Power
17:30 - 18:30

Salsation
18:30 - 19:30



Donnerstag

**Transformierendes
Hatha Yoga**
(online)
9:30-10:45

Fit & Aktiv im Alter
09:30 - 10:30
**Sanfte
Wirbelsäulengymnastik**
10:30 - 11:30



Freitag



Yoga
17:30 - 18:30



Zumba
18:30 - 19:30