

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:30 – 12:00 IYENGAR YOGA				10:30 – 11:30 COMPLETE BODY	11:00 – 12:00 REHA - EVA RÜCKENFIT	
					11:00 – 12:00 PILATES ONLINE ZOOM MIT VIO	
					kpopdance.de	
					14:00 – 15:00 K-POP DANCE LEVEL 1	
					15:00 – 16:00 K-POP DANCE LEVEL 2	
17:30 – 18:30 STEP	17:00 – 17:45 REHA - EVA RÜCKENFIT	17:30 - 18:30 PILATES		17:00 – 18:00 HANTEL WOROUT		
18:30 – 19:30 BOP	18:00 – 19:00 FATBURNER	18:30 – 19:30 SPINNING	18:00 – 19:00 ZUMBA	18:00 – 19:30 ASHTANGA – YOGA		