



Aktueller Stundenplan ab August 2023

Montag:	18.30- 19.30 19.40- 20.55	Pilates Spiraldynamik® Medical Yoga
Dienstag:	09.00- 10.00 10.10- 11.10 17.45- 19.00 19.10- 20.25	Pilates Spiraldynamik® Medical Yoga Yin Yoga Spiraldynamik® Medical Yoga
Donnerstag:	18.30- 19.30	Pilates