



## Aktueller Stundenplan ab Januar 2024

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