

## Kursplan ab 18.10.2021 / LIVE + ONLINE

### Montag

|               |                             |
|---------------|-----------------------------|
|               |                             |
|               |                             |
| 18:30 – 19:30 | Pilates ( Bauch + Beine+Po) |
| 20:00 – 21:00 | Aerial Yoga (Adult )        |

### Freitag

|               |                          |
|---------------|--------------------------|
|               |                          |
|               |                          |
| 18:00 – 19:00 | Pilates (Bauch+Beine+Po) |

### Dienstag

|               |                        |
|---------------|------------------------|
|               |                        |
|               |                        |
| 18:20-18:50   | Hiit ( all Level)      |
| 19:00 – 19:45 | Pilates (Bauch + Core) |
| 20:00 – 21:00 | Fascien Yoga           |

### Mittwoch

|               |                               |
|---------------|-------------------------------|
|               |                               |
|               |                               |
| 17:30 – 18:30 | Aerial Yoga Kids ( Beginner ) |
| 18:45 – 19:45 | Pilates ( Bauch + Beine + Po) |
| 20:00 – 21:00 | Pilates Oberkörper            |

### Donnerstag

|                |                        |
|----------------|------------------------|
| 10:00-10:45    | Pilates ( Rückbildung) |
|                |                        |
| 17: 00 – 18:00 | Aerial Yoga Kids       |
| 18:30 – 19:30  | Hatha Yoga+ Meditation |



Studio  
Ananas