

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG	
6.00h			6.20-7.20h POWERYOGA Manuela Grüter			06.20-07.20h VINYASA YOGA Alexandra Jud			
8.00h	8.30-9.30h PILATES Esther Koller		8.15-9.15h POWERYOGA Manuela Grüter	8.30-9.30h KRAFT AUS DER MITTE Julia Wildi	0830-09.15h FIT CORE Sandra Duprat	8.15-9.15h VINYASA YOGA Alexandra Jud		8.30-9.30h PILATES Esther Koller	
9.00h		09.30-10.30h FELDENKRAIS Romie Peyer							9.00-10.00h ZUMBA Gold Lucrecia Frank
17.00h	17.30-18.30h YINYOGA Vreni Müller-Ulmi	17.30-18.30h POWERYOGA Manuela Grüter		17.45-18.45h FELDENKRAIS Romie Peyer			17.30-18.30h NIA Verena Schmid		
18.00h			18.30-19.30h PILATES Esther Koller		18.00-19.00h POWERYOGA Manuela Grüter				
19.00h	19.00-20.00h YINYOGA Vreni Müller-Ulmi	19.00-20.00h POWERYOGA Manuela Grüter		19.15-20.15h VINYASA YOGA Alexandra Jud	19.00-20.00h ZUMBA Gold Lucrecia Frank	19.30-20.30h POWERYOGA Manuela Grüter	19.00-20.00h YOGA WORKOUT Sandra Duprat	18.45-19.45h POWERYOGA Manuela Grüter	
20.00h		20.30-21.30h YOGA NIDRA und SOUND Alexandra Jud		20.30-21.30h VINYASA YOGA Alexandra Jud				20.15-21.15h YINYOGA Manuela Grüter	

