

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG
6.00h			6.20-7.20h POWERYOGA Manuela Grüter					
8.00h	8.30-9.30h PILATES Esther Koller		8.15-9.15h POWERYOGA Manuela Grüter	8.15h-9.15h KRAFT AUS DER MITTE Julia Wildi	08.30h-09.45h INSIDE YOGA Sandra Duprat			8.30-9.30h PILATES Esther Koller
9.00h		09.30-10.30h FELDENKRAIS Romie Peyer		9.40h-10.40h KRAFT AUS DER MITTE Julia Wildi	10.00h-11.00h BODYTONING Sandra Duprat			
17.00h	17.30-18.30h INSIDE ALIGNMENT Sandra Duprat	17.30-18.30h POWERYOGA Manuela Grüter		17.30-18.30h INSIDE FLOW Sandra Duprat		17.30-18.30h NIA Verena Schmid		
18.00h			17.45-18.45h FELDENKRAIS Romie Peyer		18.15-19.15h YOGANIDRA Manuela Grüter			
19.00h	18.45h-20.00h INSIDE YOGA Sandra Duprat	19.00-20.00h POWERYOGA Manuela Grüter	18.00-19.15h SCHWANGR SCHAFTS YOGA Cristina Iten	19.30-20.30h VINYASA FLOW YOGA Dominique Steffen	19.00-20.00h TANZ und FITNESS Ü40 Lucrecia Frank	19.30-20.30h POWERYOGA Manuela Grüter	19.00-20.00h INSIDE YOGA Sandra Duprat	18.45-19.45h POWERYOGA Manuela Grüter
20.00h	20.30-21.30h KRAFT AUS DER MITTE Julia Wildi	20.15-21.15h YOGA für MÄNNER (Anf.) Manuela Grüter	20.00-21.00h PILATES Esther Koller		20.30-21.00h YOGANIDRA Manuela Grüter			20.15-21.15h YINYOGA Manuela Grüter

