

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
6.00h			6.20h-7.20h POWERYOGA Manuela Grüter		
8.00h	8.30-9.30h PILATES Esther Koller		8.15h-9.15h POWERYOGA Manuela Grüter	8.30h-9.30h KRAFT AUS DER MITTE Julia Wildi	8.30h-9.30h PILATES Esther Koller
9.00h		09.30-10.30h FELDENKRAIS Romie Peyer	09.45-10.45h BODEGA Sandra Duprat		
17.00h		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 POWERYOGA Manuela Grüter	19.45-20.45h PILATES Esther Koller	19.30-20.30h POWERYOGA Manuela Grüter	19.00-20.00h DAYO Sandra Duprat
20.00h		20.30-22.00h SALSA Yanet Ruckstuhl			18.45-19.45h POWERYOGA Manuela Grüter
					20.15-21.15h YINYOGA Manuela Grüter