

STUNDENPLAN IM KLOSTERHOF

Zeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
6:45 - 7:45					Early Bird Vinyasa Yoga
7:50 - 8:50	Pilates				Pilates
9:00 - 10:00	Pilates				Pilates
9:00 - 10:15		Vinyasa Yoga			
10:15 - 11:15					Pilates Senioren
10:30 - 11:30		Vinyasa Yoga 60+ Einsteiger			
18:15 - 19:15		Pilates			
18:30 - 19:30				Einsteiger Stunden	
18:45 - 19:45			Pilates		
19:30 - 20:30		Power Yoga			
19:45 - 21:00				Vinyasa Yoga	
20:00 - 21:00			Pilates Männer		
20:30 - 21:30		Power Yoga Einsteiger			