

	Montag	Dienstag		Mittwoch		Donnerstag	
<i>Vormittag</i>		09.30 – 10.30h CoreFit					
<i>Mittag</i>		11.00 – 12.00h CoreFit					
<i>Spätnachmittag</i>	17.30 – 18.30h CoreFit	17.30 – 18.30h CoreFit		17.00 – 18.00h CoreFit		16.00 – 17.30h Hatha Yoga für Schwangere	
<i>Abend</i>	19.00 – 20.00h CoreFit	18.00 – 19.30h Hatha-Yoga 19.45 – 21.15h Hatha-Yoga	19.00 – 20.00h CoreFit	18.30 – 19.30h CoreFit	19.30 – 20.30 PMR	18.00 – 19.30h Hatha-Yoga 19.45 – 21.15h Hatha-Yoga	18.30 – 19.30h CoreFit

CoreFit 8 Einheiten á 60 Min. | Hatha-Yoga 10 Einheiten á 90 Min. | Progressive Muskelrelaxation 8 Einheiten á 60 Min.