

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
06 ⁰⁰	Just Relax	Healthy Back	Soul meets Body	Yoga Spirits	Pure Pilates			06 ⁰⁰
30	Freie Kurswahl	Yoga Beats	Art of Tai Chi	Yoga Health				30
07 ⁰⁰	Pure Pilates	Yoga Power	Yoga Spirits			Stretch and Relax		
30		Soul meets Body	Stretch and Relax	Soul meets Body	Yoga Power			30
08 ⁰⁰	Yoga Power	Stretch and Relax	Pure Pilates	Move it! Jazz Dance	Soul meets Body	Art of Tai Chi	Healthy Back	08 ⁰⁰
30	Stretch and Relax	Mobility and Balance		InBalance	Yoga Spirits	Freie Kurswahl	Freie Kurswahl	30
09 ⁰⁰	Ninja Power	Pure Pilates	Soul meets Body	Yoga Health	Healthy Back	Pure Pilates	Yoga Beats	09 ⁰⁰
30	Art of Tai Chi		Yoga Power		Mobility and Balance		Soul meets Body	30
10 ⁰⁰	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Healthy Back	Pure Pilates	10 ⁰⁰
30						Yoga Power		30
11 ⁰⁰	Healthy Back	Art of Tai Chi	Freie Kurswahl	Yoga Power	Freie Kurswahl	Mobility and Balance	Move It! Latin – Las Vegas	11 ⁰⁰
30	Lunch Break Energizer	Go Virtual! Wellness	AthletiCore	Stretch and Relax	Strong Spine	Lunch Break Energizer	Move it! Hip Hop – Miami	30
12 ⁰⁰	Yoga Spirits	Yoga Power	Yoga Vinyasa	Lunch Break Energizer	Soul meets Body	Mobility and Balance	Ninja Power	12 ⁰⁰
30	Yoga Power	InBalance		Healthy Back	Stretch and Relax	Move it! Jazz Dance	Lunch Break Energizer	30
13 ⁰⁰	Healthy Back	Stretch and Relax	Move it! Latin – Miami	Freie Kurswahl	Yoga Spirits	Stretch and Relax	Mobility and Balance	13 ⁰⁰
30	Soul meets Body	Freie Kurswahl	Ninja Power	Ballet Fit	Move it! Latin – Miami	Yoga Spirits	InBalance	30
14 ⁰⁰	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Yoga Health	Ballet Fit	14 ⁰⁰
30							Art of Tai Chi	30
15 ⁰⁰	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Freie Kurswahl	Ninja Power	Yoga Spirits	15 ⁰⁰
30						Move it! Latin – Miami	Just relax	30

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag	
16 ⁰⁰	Ballet Fit	Move it! Line Dance	Stretch and Relax	Art of Tai Chi	Mobility and Balance	Yoga Power	Yoga Power	16 ⁰⁰
30	InBalance	Strong Spine	Mobility and Balance	Stretch and Relax	Ballet Fit	Soul meets Body	Stretch and Relax	30
17 ⁰⁰	Move it! Jazz Dance	Pure Pilates	Healthy Back	Yoga Vinyasa	Freie Kurswahl	Healthy Back	Healthy Back	17 ⁰⁰
30	David Kirsch's Plank Workout		Freie Kurswahl		Soul meets Body			30
18 ⁰⁰	Strong Spine	Soul meets Body	Pure Pilates	Ninja Power	Stretch and Relax			18 ⁰⁰
30	Yoga Vinyasa	Yoga Power		Mobility and Balance	Yoga Spirits			30
19 ⁰⁰			Move It! Latin – Las Vegas	Soul meets Body	Move it! Hip Hop – Miami	Pure Pilates		19 ⁰⁰
30	Healthy Back	Yoga Spirits	Strong Spine	Healthy Back				30
20 ⁰⁰	Freie Kurswahl	Stretch and Relax	Yoga Power	Soul meets Body	Soul meets Body			20 ⁰⁰
30	Art of Tai Chi	Mobility and Balance	Ballet Bootcamp	Yoga Power	InBalance			30
21 ⁰⁰	Mobility and Balance	InBalance	Art of Tai Chi	Move it! Latin – Miami	Ninja Power			21 ⁰⁰

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