

NEUE KURSPLÄNE AB 01. MÄRZ

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
7:30-8:30 sunrise ²		7:30-8:30 sunrise ²				
10:15-11:30 level 1	10:15-11:30 level 1	10:15-11:30 level 1 ³	9:00-10:00 sunrise ² 10:15-11:30 postnatal	10:15-11:30 yoga basics	10:30-12:00 level 2	11:00-12:30 level 2
13:00-14:00 power lunch ²	13:15-14:15 pilates lunch ¹ 15:00-16:15 postnatal	13:00-14:00 power lunch ²	11:45-13:00 prenatal 13:15-14:15 pilates lunch ¹	13:00-14:00 power lunch ²	12:15-13:30 prenatal	
16:45-18:15 new teachers ¹	16:45-18:00 prenatal			16:00-17:30 new teachers ¹	16:00-17:30 soft yoga	16:00-17:30 level 1
18:30-20:00 level 2	18:30-20:00 level 1	18:30-20:00 level 2 + 3	18:30-20:00 level 2	18:00-19:30 level 2	17:45-19:15 level 1	17:45-19:15 moonlight
20:15-21:45 level 1	20:15-21:45 level 2	20:15-21:45 level 1	20:15-21:45 moonlight	¹ level 1	² level 2	³ mit kinderbetreuung

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:00-9:00 sunrise ²	9:00-10:00 sunrise ²	9:00-10:00 sunrise ²	9:00-10:00 sunrise ²		9:30-10:45 pilates 1-2	
10:45-12:00 postnatal	10:30-11:45 new teachers ¹	10:45-12:00 postnatal	10:30-11:45 level 1 ⁴		10:30-12:00 level 2	10:30-12:00 level 2
11:00-12:15 prenatal		11:00-12:15 prenatal		11:00-12:15 postnatal	11:00-12:30 level 1	11:00-12:30 level 1
13:00-14:00 power lunch ²	13:00-14:00 power lunch ²	13:00-14:00 power lunch ²	13:00-14:00 power lunch ²	13:00-14:00 power lunch ²	12:15-13:45 level 1-2	
		16:45-18:15 level 1-2		16:00-17:30 english class ²	15:45-17:15 inversions ⁵	16:00-17:48 level 3 ext.
17:30-19:00 level 2			18:00-19:15 prenatal	17:00-18:15 pilates 1+2	17:00-18:30 level 2	17:00-18:30 level 1
	18:15-19:15 sunset ²		18:30-20:00 level 2-3	18:00-19:30 level 2	17:30-19:00 level 1	
18:30-20:00 level 2	18:30-19:45 prenatal	18:30-20:00 level 2	18:45-19:45 sunset ²	18:30-19:45 prenatal		18:00-19:30 moonlight
	19:00-20:30 level 1	19:15-20:45 yoga basics	19:30-21:00 level 1	19:45-21:15 moonlight		18:45-20:15 new teachers ³
19:30-20:45 pilates 1	19:30-21:00 level 2	20:00-21:00 meditation	20:00-21:15 pilates 1+2			
20:15-21:45 rückenfokus	20:15-21:45 level 1	20:15-21:45 rückenfokus	20:15-21:45 level 2			

¹ level 1 ² level 2 ³ level 1-2 ⁴ mit kinderbetreuung ⁵ findet jeden 1. und 3. samstag im monat statt, level 2-3

SPIRITWEST

SPIRITMITTE

