




# KURSPLAN BOUTIQUE GYM

| MONTAG   | DIENSTAG   | MITTWOCH                    | DONNERSTAG   | FREITAG                              |
|--|--|-----------------------------|--|--------------------------------------|
|  |  |                             |  |                                      |
|  |  | <b>Pilates</b><br>0930–1030 |  | <b>Body Styling</b><br>0930–1030     |
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|  |  |                             |  |                                      |
| <b>Body Styling</b><br>1700–1800   |  |                             |  | <b>Functional Moves</b><br>1700–1800 |
| <br>1800–1900 | <br>1800–1900 | <b>Tae Box</b><br>1800–1900 | <b>Step</b><br>1730–1830   | <b>Yin Yoga</b><br>1800–1915         |
| <b>Vinyasa Flow Yoga</b><br>1900–2015  | <b>Pilates</b><br>1900–2000  | <b>Yoga</b><br>1900–2015    | <br>1830–1930 |                                      |
|  |  |                             |  |                                      |