




# KURSPLAN BOUTIQUE GYM

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
Yoga 0930–1030	Yoga 0600–0700	Pilates 0930–1030		Body Styling 0930–1030
	Kinder Yoga 1500–1600			
Body Styling 1700–1800		Power Lifting  1700–1800		Functional Moves 1700–1800
 1800–1900	deepWork 1800–1900	Tae Box 1800–1900	Step 1730–1830	Yin Yoga 1800–1915
Vinyasa Flow Yoga 1900–2015	Pilates 1900–2000	Yoga 1900–2015	 1830–1930	