

Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	8.00-8.45 Morning Barre Workout			8.00-8.45 Morning Pilates		
				09.30-10.30 Barre Workout		
10.00-11.15 KURS LYT® Postnatal Yoga	10.00-11.15 LYT® Active Prenatal Yoga	10.00-11.00 Pilates	10.00-11.00 Burning Pilates		10.00-11.00 LYT® Strong Back Yoga	10.00-11.00 Burning Pilates
				11.00-12.00 Pilates w/ weights	11.15-12.15 Dance Workout	11.30-12.30 Pilates w/ weights
	12.30-13.30 Pilates	12.30-13.30 LYT® Functional Yoga Flow	12.30-13.30 Pilates w/ weights	12.30-13.30 LYT® Functional Yoga Flow	12.30-13.30 Burning Pilates	
	16.15-17.00 Pilates					
		16.45-17.45 Functional Yoga w/ weights	16.45-17.45 Barre Workout	17.00-18.15 LYT® Active Prenatal Yoga		17.00-18.00 ENG LYT® Functional Yoga Flow
17.15-18.15 Burning Pilates	17.15-18.15 Strength & HIIT Circuit					
18.30-19.30 (Basics) LYT® Functional Yoga	18.30-19.30 Strong Back Yoga	18.00-19.00 Body & Mind Workout	18.00-19.00 Intermediate LYT® Functional Yoga Flow	18.30-19.30 ENG LYT® Functional Yoga Flow		18.30-19.15 Restorative Yoga
19.45-20.45 Ballett Pilates Workout	19.45-20.45 Functional Yoga Flow	19.15-20.15 Strength & HIIT Circuit	19.15-20.15 Burning Pilates			
			20.30-21.30 Late Burning Pilates			