

Kursplan für Sumotion Mitglieder

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
07.30 - 08.30 Early Bird Susanne		08.45 - 09.45 Pilates A2 Susanne		09.00 - 10.00 Pilates A2 Susanne
08.30 - 09.30 Pilates A1 Susanne		09.50 - 10.50 Pilates A1 Susanne		10.05 - 11.05 Pilates A1 Susanne
09.35 - 10.35 Pilates A1 Susanne				
17.45 - 18.45 Yogalates 1 Stefanie	16.30 - 17.30 After Work Pilates Susanne	17.45 - 18.45 Yin Yoga Stefanie	17.30 - 18.30 Pilates A2 Susanne	17.00 - 18.00 Faszien Yoga Stefanie
18.45 - 19.45 Pilates A1 Stefanie	17.30 - 18.30 Pilates A2 Susanne	19.00 - 20.00 Power Pilates Stefanie	18.30 - 19.30 Pilates A2 Susanne	18.00 - 19.00 Yoga Stefanie
20.00 - 21.00 Yogalates 2 Stefanie	18.35 - 19.35 Pilates A1 Stefanie	20.00 - 21.00 Pilates A1 Stefanie	19.35 - 20.35 Pilates A1 Susanne	
	19.35 - 20.35 Flow Yoga „Flow & Relax“ Stefanie			