

BODY SOUL WOMEN MEERBUCH
 FITNESS – YOGA – PILATES – QI GONG
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ONLINE KURSPLAN

Gültig : November 2020

	vormittags				abends			
Mo	10:00- 10:45	Online- Rundum Fit (Susanne)	11:00- 11:45	Online- Stuhl-Fitness (Susanne)	18:00- 18:45	Online- Rundum Fit (Alexandra)	19:00- 20:00	Online- Vinyasa Yoga (Helga)
Di	10:00- 11:00	Online- Qi Gong (Renata)			18:00- 18:45	Online- Rückenfit (Alexandra)		
Mi	10:00- 10:45	Online- Pilates (Susanne)			18:00- 18:45	Online- Pilates (Alexandra)	19:00- 20:00	Online- Qi Gong (Renata)
Do	10:00- 11:00	Online- Hatha Yoga (Monika)	11:00- 11:45	Online- Stuhl-Qi Gong (Renata)	18:00- 19:00	Online- Hatha Yoga (Silvia)		
Fr	10:00- 10:45	Online- Pilates (Gudrun)			18:00- 19:00	Online- Yin Yoga (Maria)		