

JONNY'S CLASSES

CLUB EUROPAVIERTEL / HEILBRONNER STRASSE 17 / 70191 STUTTGART
- GÜLTIG AB 01.06.2022 -

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
06.30-07.30 BodyBalance Evelyn						
	09.30-10.30 Yoga Rike			09.30-10.30 Yoga Ken	10.30-11.00 Cross HIIT (1. OG) Michi / Risa	10.30-11.15 Kursrotation
					11.00-11.30 Mobility & Stretch Michi / Risa	11.20-12.00 Kursrotation
18.00-19.00 Vinyasa Yoga Ken	18.00-18.45 In Shape Marcie	18.30-19.30 Power Hour Larissa	18.00-19.00 Full Body Workout Brigita	18.30-19.15 Power Hour Larissa		
19.00-20.00 Cross HIIT (1. OG) Lena	18.50-19.40 Pilates Marcie	19.00-20.00 Cross HIIT (1. OG) Michi	19.00-20.30 Yoga Karina Lilou	19.15-20.00 Pilates Larissa		16.00-17.30 Yoga Dani
19.00-20.30 Yin Yoga Liza	19.45-20.45 BodyPump Mai & Becci	19.45-20.30 Dance Fitness Rike				
20.00-20.30 Mobility (1. OG) Lena		20.30-21.30 Yoga Rike				

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Hot Yoga hat Sommerpause: ab September bieten wir wieder Hot Yoga an.