



PILATES · YOGA

S T A R N B E R G

Alle Veranstaltungen vom 12.10. - 18.10.2020 auf einen Blick.

Montag:

19:30 - Pilates Fusion (Alexa)

Dienstag:

07:45 - Pilates (Uli)

09:00 - Pilates (Uli)

19:00 - Barre Fusion (Monica)

20:15 - Vinyasa Yoga 2 (Regina)

Mittwoch:

17:45 - Pilates Reformer (Andrea)

18:30 - Pilates Fusion - online (Andrea)

19:00 - Pilates Fusion (Andrea)

Donnerstag:

08:00 - Pilates (Marion)

11:00 - Pilates Reformer (Marion)

18:30 - Yang into Yin Yoga (Stefanie)

Freitag:

08:45 - Vinyasa Yoga 1-2 (Cristina)

10:15 - Pilates Fusion (Alexa)

Samstag:

10:00 - Pilates (Andrea)

11:15 - Pilates Reformer (Andrea)

Sonntag:

09:00 - Balance - online (Andrea)