

# Stundenplan

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|---------------|---------------|--------------|
| <b>MONTAG</b> | 14.00 – 15.00 | Fit im Alter |
|               | 18.30 – 19.30 | Pilates      |
|               | 19.45 – 21.00 | Yin Yoga     |

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|-----------------|---------------|------------|
| <b>DIENSTAG</b> | 08.30 – 10.00 | Hatha Yoga |
|                 | 18.00 – 19.00 | Pilates    |
|                 | 19.15 – 20.30 | Hatha Yoga |

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| <b>MITTWOCH</b> | 08.30 – 09.30 | Yoga & Pilates Slings |
|                 | 18.15 – 19.15 | Yoga & Pilates Slings |
|                 | 19.30 – 20.30 | Pilates               |

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| <b>DONNERSTAG</b> | 14.00 – 15.00 | Fit im Alter |
|                   | 18.00 – 19.00 | Pilates      |
|                   | 19.15 – 20.15 | Aerial Flow  |

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|----------------|---------------|------------|
| <b>FREITAG</b> | 08.30 – 09.30 | Pilates    |
|                | 09.45 – 11.00 | Hatha Yoga |

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**Ich bitte um Anmeldung. Maximal 6 Teilnehmer – «first come – first serve».**  
Für Personaltraining fragen Sie unverbindlich an.