

# Februar 2020

SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
26	27	28	29	30	31	1
2	3 17:30 - 18:30 PILATES SANFT 18:45 - 19:45 PILATES INTENSIV 20:00 - 21:15 YOGA SANFT	4 18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	5 08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT	6	7	8
9	10	11	12 Energieferien	13	14	15
16	17 17:30 - 18:30 PILATES SANFT 18:45 - 19:45 PILATES INTENSIV 20:00 - 21:15 YOGA SANFT	18 18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	19 08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT	20	21	22
23	24 Rosenmontag	25 Faschingsdienstag	26 Aschermittwoch	27	28	29

# März 2020

SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
<b>1</b>	<b>2</b> 17:30 - 18:30 PILATES SANFT 18:45 - 19:45 PILATES INTENSIV 20:00 - 21:15 YOGA SANFT	<b>3</b> 18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	<b>4</b> 08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> 17:30 - 18:30 PILATES SANFT 18:45 - 19:45 PILATES INTENSIV 20:00 - 21:15 YOGA SANFT	<b>10</b> 18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	<b>11</b> 08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT	<b>12</b> DETOX INFOABEND 20:00	<b>13</b> DETOX ENTLASTUNGSTAG	<b>14</b> DETOX YOGA 8:30 - 10:00 DETOX WALKING 14:00 - 15.30
<b>15</b> DETOX YOGA 8:30 - 10:00	<b>16</b> 17:30 - 18:30 PILATES SANFT 18:45 - 19:45 PILATES INTENSIV 20:00 - 21:15 YOGA SANFT	<b>17</b> 18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	<b>18</b> 08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT DETOX ABENDESSEN	<b>19</b>	<b>20</b>	<b>21</b> DETOX YOGA 8:30 - 10:00 DETOX WALKING 14:00 - 15.30
<b>22</b> DETOX YOGA 8:30 - 10:00	<b>23</b> 17:30 - 18:30 PILATES SANFT 18:45 - 19:45 PILATES INTENSIV 20:00 - 21:15 YOGA SANFT	<b>24</b> 18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	<b>25</b> 08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> YOGA WOCHE SÜDTIROL 29.03 - 5.04.2020	<b>2</b>	<b>3</b>	<b>4</b>

# April 2020

SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			YOGA WOCHE SÜDTIROL 29.03 - 5.04.2020			
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
			Osterferien			
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
		18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT			
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	17:30 - 18:30 PILATES SANFT 18:45 - 19:45 PILATES INTENSIV 20:00 - 21:15 YOGA SANFT	18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT			
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>
	17:30 - 18:30 PILATES SANFT 18:45 - 19:45 PILATES INTENSIV 20:00 - 21:15 YOGA SANFT	18:15 - 19:15 PILATES INTENSIV 19:30 - 20:45 YOGA DYNAMISCH & KRAFTVOLL	08:30 - 09:30 PILATES INTENSIV 09:45 - 11:00 YOGA SANFT			

# Mai 2020

SONNTAG

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

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17:30 - 18:30  
PILATES SANFT  
18:45 - 19:45  
PILATES INTENSIV  
20:00 - 21:15  
YOGA SANFT

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YOGA DYNAMISCH &  
KRAFTVOLL

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PILATES INTENSIV  
09:45 - 11:00  
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YOGA DYNAMISCH &  
KRAFTVOLL

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PILATES INTENSIV  
09:45 - 11:00  
YOGA SANFT

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# Juni 2020

SONNTAG

MONTAG

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MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

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17:30 - 18:30  
PILATES SANFT  
18:45 - 19:45  
PILATES INTENSIV  
20:00 - 21:15  
YOGA SANFT

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PILATES INTENSIV  
19:30 - 20:45  
YOGA DYNAMISCH &  
KRAFTVOLL

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09:45 - 11:00  
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19:30 - 20:45  
YOGA DYNAMISCH &  
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YOGA DYNAMISCH &  
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18:45 - 19:45  
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20:00 - 21:15  
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