

September 2020

SONNTAG

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

30

31

1

2

3

4

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6

7

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9

10

11

12

13

14

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

15

18:15 - 19:15
PILATES INTENSIV
19:30 - 20:45
YOGA DYNAMISCH &
KRAFTVOLL

16

08:30 - 09:30
PILATES INTENSIV
09:45 - 11:00
YOGA SANFT

17

18

19

20

21

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

22

18:15 - 19:15
PILATES INTENSIV
19:30 - 20:45
YOGA DYNAMISCH &
KRAFTVOLL

23

08:30 - 09:30
PILATES INTENSIV
09:45 - 11:00
YOGA SANFT

24

25

26

27

28

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

29

18:15 - 19:15
PILATES INTENSIV
19:30 - 20:45
YOGA DYNAMISCH &
KRAFTVOLL

30

08:30 - 09:30
PILATES INTENSIV
09:45 - 11:00
YOGA SANFT

1

2

3

Oktober 2020

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

November 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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18:15 - 19:15
PILATES INTENSIV
19:30 - 20:45
YOGA DYNAMISCH &
KRAFTVOLL

4

08:30 - 09:30
PILATES INTENSIV
09:45 - 11:00
YOGA SANFT

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YOGA WOCHE SÜDTIROL
8.11. – 14.11.2020

15

16

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

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18:15 - 19:15
PILATES INTENSIV
19:30 - 20:45
YOGA DYNAMISCH &
KRAFTVOLL

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08:30 - 09:30
PILATES INTENSIV
09:45 - 11:00
YOGA SANFT

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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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18:15 - 19:15
PILATES INTENSIV
19:30 - 20:45
YOGA DYNAMISCH &
KRAFTVOLL

25

08:30 - 09:30
PILATES INTENSIV
09:45 - 11:00
YOGA SANFT

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