

# KURSPLAN

## Montag

8.30- 9.30

**PILATES**

Babsi

10.00-11.15

**YOGA**

Rosi

16.30- 17.30

**SENIOR TAI CHI**

Edina

19.00- 20.00

**PILATES**

Babsi

20.00- 21.00

**PILATES**

Babsi

## Dienstag

8.30-10.00

**YOGA**

Moni

17.30- 18.30  
**ACHTSAMKEITS  
TRAINING**  
Monika Bichlmeier

19.00-20.00

**YOGA**

Theresa

## Mittwoch

9.00- 10.00

**PILATES**

Babsi

15.30-17.00  
**KINDERYOGA**  
Theresa

17.00-18.00  
**KINDERYOGA**  
Theresa

18.30-19.30  
**MEDITATION  
UND KLANG**  
Daniela

19.30-20.30  
**PILATES**  
Bianca

## Donnerstag

9.30-11.00

**BABYMASSAGE**

Magdalena

11.00- 12.30

**BABYMASSAGE**

Magdalena

17.30-18.30  
**RÜCKENFIT**  
Marlin

18.30-19.30  
**BECKENBODEN**  
Marlin

19.30- 20.30  
**WEIGHT  
WATCHERS**  
Sabrina

## Freitag

9.00-9.45

**MUSIKGARTEN**

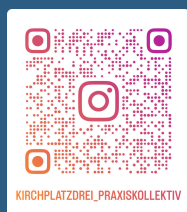
10.00-10.30

**MUSIKGARTEN**

Monika

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**KIRCHPLATZ** || ||  
**PRAXISKOLLEKTIV** || ||