JOHN & JANE'S
SOULBASE

VORLÄUFIGER

WORKOUT PLAN

ALLE KURSE SIND AB 7 TAGE IM VORAUS BUCHBAR

Ab dem 10.05. können die Kurse gebucht werden

	MONTAG			DIENSTAG			MITTWOCH			DONNERSTAG			FREITAG			SAMSTAG			SONNTAG			
	EG	2. OG (HOT)	3. OG	EG	2. OG (HOT)	3. OG	EG	2. OG (HOT)	3. OG	EG	2. OG (HOT)	3. OG	EG	2. OG (HOT)	3. OG	EG	2. OG (HOT)	3. OG	EG	2. OG (HOT)	3. OG	
07 00 15 30 45		Bea Pilates Classic	Markus Vinyasa Power Yoga			Anna Giunta Vinyasa Power Yoga		Liam Barre Classic (Eng)	Natalie Vinyasa Power Yoga		Fabienne Barre Classic	Anna G. Vinyasa Power Yoga	Bea Pilates Flow		Sara Lynn Vinyasa Power Yoga							07 00 15 30 45
08 00 15 30 45		Fabienne Barre Classic			Liam Barre Classic (ENG)						Ramina Pilates Flow			Alex Bodytuning Barre								08 00 15 30 45
09 00 15 30 45		Fabienne Bodytuning Barre				Anna Giunta		Jördis Strong Yoga (Hot)	Natalie Cardio Yoga		Eliana Barre HIT (Eng)	Ramina Vinyasa Power Yoga	Jördis Cardio Yoga				Bea Pilates TRX	Kimi Vinyasa Power Yoga		Jördis Cardio Yoga		09 00 15 30 45
10 00 15 30 45			Jana Vinyasa Power Yoga						Markus Vinyasa Power Yoga							Liam Bodytuning Barre						10 00 15 30 45
11 00 15 30 45														Jana Detox Yoga (Hot)							Liam Barre Classic (Eng)	11 00 15 30 45
12 00 15 30 45		Liam Barre Classic (ENG)				Meditation 30	Grace Barre Classic (ENG)	Alex Bodytuning Barre (Hot)		Fabienne Bodytuning Barre		Jana Lunch-break Yoga		Alex Barre HIT (Hot)								12 00 15 30 45
13 00 15 30 45			Bea Pilates Flow		Jana Detox Yoga (Hot)																	13 00 15 30 45
14 00 15 30 45																						14 00 15 30 45
15 00 15 30 45																						15 00 15 30 45
16 00 15 30 45			Jana Vinyasa Power Yoga					Manuela Strong Yoga			Milena Strong Yoga			Jördis Strong Yoga (Hot)			Jördis Strong Yoga (Hot)	Manuela Vinyasa Power Yoga		Sabrina Relax Yin Yoga (Hot)		16 00 15 30 45
17 00 15 30 45	Jördis Cardio Yoga	Alex Pilates TRX		Liam Barre Classic (Eng)	Milena Yoga Strength (Hot)		Bea Pilates Flow							Liam Barre Classic (Hot)	Julia K. Vinyasa Power Yoga	Jördis Cardio Yoga				Jördis Strong Yoga (Hot)	Meditation 30 (Eng)	17 00 15 30 45
18 00 15 30 45		Liam Barre Classic (Hot)	Kimi Vinyasa Power Yoga	Dennis Cardio Yoga		Jana Vinyasa Power Yoga				Sanja Barre Classic							(Hot)	Anna Giunta Slow Flow				18 00 15 30 45
19 00 15 30 45							Liam Barre HIT (Eng)		Sara Lynn Vinyasa Yoga	Sanja Pilates Classic	Alex Bodytuning Barre (Hot)	Natalie Vinyasa Power Yoga									Julia K. Vinyasa Power Yoga	19 00 15 30 45
20 00 15 30 45		Manuela Strong Yoga		Sanja Barre Classic	Dennis Yoga Strength (Hot)	Berti Pilates Flow		Julia A. Cardio Yoga	Bea Pilates Flow	Franzi Yoga Strength	Liam Barre Classic (Hot)	Sabrina Relax Yoga (Eng)		Julia K. Relax Yin Yoga (Hot)	Dennis Vinyasa Power Yoga							20 00 15 30 45
21 00 15 30 45			Relax Yin Yoga (Eng)	Sanja Pilates TRX				Julia A. Strong Yoga														21 00 15 30 45