SPORT SHEDS
BOULDERN | FITNESS | FUNCTIONAL | YOGA

Online-Livekurse 03/2021

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
09:30 Yoga auf dem Stuhl (Yoga Sheds)				
18:00 Coretraining (Functional Sheds)	**18:00** Bodybalance (Yoga Sheds)	**18:00** Mobility/Movement (Functional Sheds)	**18:00** Grit Cardio (Functional Sheds)	**17:30** Yin Yoga (Yoga Sheds)
18:45 Ashtanga Inspired (Yoga Sheds)	**18:45** Rückenfitness (Fitness Sheds)	**18:45** Pilates (Fitness Sheds)	**18:45** Mobility/Movement (Functional Sheds)	**18:15** Strength (Functional Sheds)
19:30 Grit Cardio (Functional Sheds)		**19:30** Hatha Yoga (Yoga Sheds)		