

saturday	sunday	monday	tuesday	wednesday	thursday	friday
		8:00-8:45 FULL BODY	09:00-11:00 ACTIVE COUNTER	08:00-08:15 SOUND HEALING		08:00-8:45 SOUND HEALING
	09:00-11:00 ACTIVE COUNTER	09:00-11:00 ACTIVE COUNTER	11:15-12:00 AQUAGYM	09:00-11:00 ACTIVE COUNTER	09:00-11:00 ACTIVE COUNTER	09:00-11:00 ACTIVE COUNTER
	11:15-12:00 AQUA GYM	11:15-13:00 NORDIC WALKING	12:30-13:30 KUNDAUNI YOGA	11:15-11:45 DRAGON FLOW	11:15-12:00 AQUA GYM	11:15-12:15 HATHA YOGA
	12:45-13:15 FUNCTIONAL	13:15-14:45 GENTLE STRETCH	12:45-13:15 MOBILITY SNACK	12:00-12:45 YIN YOGA	12:45-13:30 GENTLE STRETCHING	13:00-13:45 SHOULDER FREE
	14:00-14:45 GENTLE STRETCH	15:00-15:30 BODY BALANCE	13:30-14:15 FUNCTIONAL	13:30-14:15 TRX	13:45-14:15 FUNCTIONAL	14:00-15:00 FUNCTIONAL
	15:00-15:30 TRX	15:15-16:30 SIXPACK	13:45-14:15 HATHA YOGA	14:30-15:15 Faszien Release	14:00-15:00 LATINO FIT	15:15-16:00 TRANSFORMATIONAL DANCE
			14:30-15:30 LATINO FIT	14:30-15:30	15:00-15:30	14:15-14:45 DE