


Stundenplan


bambus Yoga Pilates GmbH

Winterthurerstr. 18b, 8610 Uster, www.yogapilates.ch, info@yogapilates.ch 076 412 6570

Raum 1. OG

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	6.30 - 7.30 Early Bird				
	8.00 - 9.00 Pilates				9.00 - 10.30 Good Morning Yoga
8.45 - 9.45 Pilates	9.10 - 10.10 Pilates	9.00 - 10.00 Yoga für Schwangere	8.30 - 9.30 Power Yoga		
10.00 - 11.15 Mama Baby Yoga	10.20 - 11.20 Pilates (Kleingruppe)	10.15 - 11.15 Chi Yoga	10.00 - 11.15 Mama Baby Yoga	10.00 - 11.00 Power Yoga	
12.15 - 13.15 Power Yoga		12.15 - 13.15 Yin Yoga			
14.00 - 15.00 Chi Yoga			13.45 - 14.45 Senioren Yoga		
	16.15 - 17.15 Senioren Yoga			18.00 - 19.15 Yin Yoga	
17.30 - 18.30 Yoga für Schwangere		17.45 - 18.45 Power Yoga	17.50 - 18.50 Power Yoga	19.30 - 21.00 Friday Yoga Flow (Cristian)	
19.00 - 20.00 Pilates	19.00 - 20.00 Power Yoga	19.00 - 20.00 Pilates	19.10 - 20.25 Power Yoga für Fortgeschrittene		
20.15 - 21.15 Pilates	20.15 - 21.15 Power Yoga	20.15 - 21.15 Pilates			

Raum 1. EG

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
8.30 - 09.45 Aerial Yoga					
			10.15 - 11.15 Pilates 50+	10.15 - 11.15 TRX	10.45 - 11.45 Pilates Rückbildung
13.45 - 14.45 Senioren Yoga					
15.00 - 16.00 Senioren Yoga					
17.30 - 18.30 TRX	17.30 - 18.30 Pilates			18.00 - 19.00 TRX Offene Stunde	
	18.45 - 20.00 Aerial Yoga	19.00 - 20.00 TRX	19.00 - 20.00 Pilates		
20.15 - 21.30 Ashtanga Flow	20.15 - 21.15 TRX Advanced	20.15 - 21.15 Pilates Rückbildung	20.15 - 21.15 Aerial Yoga		

Raum Flor Lorenallee 20

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	17.30 - 18.30 Yoga für Schwangere		19.00 - 20.00 Yoga für Schwangere		