

		mon	tue	wen	thu	fri	sat	sun
14:00 - 15:00	40°	YOGA 40° (R)		YOGA 40° (R)		YOGA 40° (R)		
18:30 - 19:00	40°		CORE 40° (R)					
18:45 - 19:45	40°	YOGA 40° (R)			YOGA 40° (R)			
19:15 - 19:45	40°		CORE 30'					
19:15 - 20:15	40°		YOGA 40° (R)					
20:00 - 20:30	40°				CORE 40° (R)			
					CORE 30'			
20:00 - 21:00	40°	YOGA 40° (R)						
20:30 - 21:30	40°		YOGA 40° (R)					