



LBB group sessions

tag	zeit	stilrichtung
montag	09.00-10.00	spiral pilates toning
	10.30-11.30	spiral pilates & i-yoga®
	18.30-19.45	i-yoga® medical
mittwoch	09.00-10.00	spiral pilates toning
donnerstag	08.45-10.15	i-yoga® medical
	10.45-11.45	spiral pilates back gym

