

Lektionenplan 25

Rhazüns

Mo	Pilates	08.15	Studio
	Funtone	09.00	Studio
	M.A.X.	18.45	Studio
	Inside Flow	19.30	Studio
Di	Seniorinnen	09.00	Studio
	Seniorinnen	10.00	Studio
	Inside Yoga	18.00	Studio
	Dancess	19.00	Studio
	Rückentraining	20.00	Studio
Mi	Inside Yoga	06.30	Livestream
	Inside Flow	08.15	Studio
	Dancess	18.00	Studio
	Funtone	19.00	Studio
	Yin Yoga	20.15	Studio
Do	Yin Yoga	09.00	Studio
	Face Spine Yoga	17.30	Studio
	Kraftstoff für Kerle	18.30	Studio
	Inside Yoga	19.30	Studio
Fr	Pilates	08.15	Studio
	NaTOUR	09.15	draussen
Sa	Special	09.00	Rhazüns/Ems

Domat/Ems (Plarenga Center)

Mo	Inside Flow	19.30	Studio NayFit
Di	Align to Flow	08.30	Studio NayFit
Mi	Inside Flow	08.30	Studio NayFit
	Spine Yoga	09.45	Studio NayFit
Sa	Special	09.00	Rhazüns/Ems

Mit den Yoga-Abos Yogasté kannst du beide Standorte benützen.