

# KURSPLAN

BY MOTION TRIBE

Mo

Di

Mi

Do

Fr

Sa

So

Yoga



17:30 - 18:30

Pilates



17:00 - 17:45

Zumba



11:00 - 12:00

Zumba



18:30 - 19:30

Rücken  
& Core



18:30 - 19:30

Zumba



18:30 - 19:30

Pilates



19:45 - 20:45

HIIT



19:30 - 20:30

Yoga



19:30 - 20:30