

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
8:00-9:00 <b>Pilates</b> Nathalie K1	7:30-8:20 <b>Qi Gong</b> am Morgen Martina K1	7:30-8:30 <b>„Wake up“ Yoga</b> Nathalie K1	9:00-10:00 <b>WSG-Balance</b> Martina K1	8:30-9:30 <b>Pilates</b> Katrin K1	Workshops & Seminare K1	Workshops & Seminare K1
9:15-10:15 <b>Pilates</b> Nathalie. K1	9:00-10:00 <b>Birkat</b> Sandy K1	9:00-10:00 <b>springboard</b> Nathalie K2	10:15-11:15 <b>Qi Gong</b> Martina K1	9:45-10:45 <b>Pilates</b> Katrin K1	9:30-10:30 <b>Vinyasa Yoga</b> Natascha K2	9:00-10:00 <b>Pilates</b> Melanie K2
10:45-11:45 <b>Outdoor/Indoor*</b> Nathalie	10:15-11:15 <b>Birkat</b> Sandy K1	9:15-10:15 <b>Kraft&amp;Mobilität</b> Hayat K1	11:30-12:30 <b>Qi Gong</b> Martina K1	10:00-11:00 <b>Birkat</b> Sandy K2	10:45-11:45 <b>Vinyasa Yoga</b> Natascha K2	10:15-11:15 <b>Pilates</b> Melanie K2
18:00-19:00 <b>Yogaflow intensiv</b> Nathalie K1	16:45-17:45 <b>WSG-Balance</b> Martina K1	10:30-11:30 <b>Outdoor/Indoor*</b> Nathalie	17:30-18:30 <b>Pilates-WSG</b> Silvana K1	11:15-12:15 <b>Birkat</b> Sandy K1	12:00-13:00 <b>springboard</b> Natascha K2	
19:15-20:15 <b>Vinyasa Yoga- Deep Flow</b> Nathalie K1	18:00-19:00 <b>Vinyasa Yoga</b> Bianca K2	17:00-18:00 <b>Birkat</b> Sandy K1	18:45-19:45 <b>Pilates-WSG</b> Silvana K1	17:00-18:00 <b>springboard</b> Ulrike K2		
	18:00-19:00 <b>Pilates</b> Ulrike K1	18:00-19:00 <b>springboard</b> Nathalie K2		17:30-18:30 <b>Fit&amp;Flow</b> Samira K1		
	19:15-20:15 <b>Pilates</b> Ulrike K1	18:15-19:15 <b>Pilates</b> Katrin K1		18:15-19:15 <b>springboard</b> Ulrike K2		
		19:15-20:15 <b>springboard</b> Nathalie K2		18:45-19:45 <b>Fit&amp;Flow</b> Samira K1		
		19:30-20:30 <b>Vinyasa Yoga</b> Bianca K1				

# Kursplan

Legende: K1 = Kursraum 1 • K2 = Kursraum 2 • \* Outdoor: Walken&Atmen / Indoor (K1): Balance&Mobilität • Stand: 25.09.2020 (Änderungen vorbehalten)  
 sportraum bs in der kreativfabrik – aktuelle Infos unter: [www.sportraum-berlin.de](http://www.sportraum-berlin.de)