

Stundenplan 25

Rhazüns

Mo	Pilates	08.15	Sté
	Funtone	09.00	Jac, Sté
	Inside Yoga	18.00	Sté
	Inside Flow	19.00	Sté
Di	Inside Vinyasa	08.00	Sté
	Seniorinnen	09.00	Sté
	Seniorinnen	10.00	Sté
	Stability, Pilates	18.00	Sté
	Dancess	19.00	Jac, Debby, Sté
Mi	Inside Yoga	06.30	Sté Livestream
	Inside Flow	08.15	Sté und Team
	Funtone	19.00	Jac
	Yin Yoga	20.00	Sté, Reg
Do	Pilates	08.15	Sté
	Yin Yoga	09.00	Sté
	Face Spine Yoga	17.30	Nat, Sté
	Kraftstoff	18.30	Team
	Inside Yoga	19.30	Sté, Rac
Fr	Specials		Team
Sa	Specials		Team

Domat/Ems (Plarenga Center)

Mo	Inside Flow	19.30	Studio NayFit
Mi	Inside Flow	08.30	Studio NayFit
	Spine Yoga	09.45	Studio NayFit

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