

WOCHENPLAN

www.alpin-spirit.ch

MO

7:00 - 7:50

Meditation

18:30 - 19:20

Alpin + Workout

Di

6:50 - 7:40

Alpin + Workout

12:00 - 12:50

Yoga Lunch

18:00 - 19:30

Yoga

Mi

17:15 - 18:05

Alpin

18:30 - 19:20

Alpin + Workout

DO

Stunde nur nach Absprache

SA

12. July, 9.;30. August; 13. September

7:30-8:20

Alpin + Workout

8:30-9:20

Yoga

SO

17:30 - 18:20

Alpin