

Ferienplan Sommer 2024

www.raum-bewegung.ch

| | | | | | |
|-----------------------------------|-------------------------------|-------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| MONTAG 01.07.2024 | MONTAG 08.07.2024 | MONTAG 15.07.2024 | MONTAG 22.07.2024 | MONTAG 29.07.2024 | MONTAG 05.08.2024 |
| Pilates 07.50 - 08.50 | | | | | Pilates 07.50 - 08.50 |
| Reformer Level 2 17.30 - 18.30 | | | Reformer Level 2 17.30 - 18.30 | Reformer Level 2 17.30 - 18.30 | Reformer Level 2 17.30 - 18.30 |
| DIENSTAG 02.07.2024 | DIENSTAG 09.07.2024 | DIENSTAG 16.07.2024 | DIENSTAG 23.07.2024 | DIENSTAG 30.07.2024 | DIENSTAG 06.08.2024 |
| | | | Pilates 07.45 - 08.45 | Pilates 07.45 - 08.45 | |
| Vinyasa Yoga 09.00 - 10.15 | Vinyasa Yoga 09.00 - 10.15 | | Vinyasa Yoga 09.00 - 10.15 | Vinyasa Yoga 09.00 - 10.15 | Vinyasa Yoga 09.00 - 10.15 |
| MITTWOCH 03.07.2024 | MITTWOCH 10.07.2024 | MITTWOCH 17.07.2024 | MITTWOCH 24.07.2024 | MITTWOCH 31.07.2024 | MITTWOCH 07.08.2024 |
| Reformer Level 1 08.00 - 09.00 | | | Reformer Level 1 08.00 - 09.00 | Reformer Level 1 08.00 - 09.00 | Reformer Level 1 08.00 - 09.00 |
| Senioren Pilates 17.00 - 18.00 | | | Senioren Pilates 17.00 - 18.00 | Senioren Pilates 17.00 - 18.00 | Senioren Pilates 17.00 - 18.00 |
| Pilates 18.15 - 19.15 | | | Pilates 18.15 - 19.15 | Pilates 18.15 - 19.15 | Pilates 18.15 - 19.15 |
| DONNERSTAG 04.07.2024 | DONNERSTAG 11.07.2024 | DONNERSTAG 18.07.2024 | DONNERSTAG 25.07.2024 | DONNERSTAG 01.08.2024 | DONNERSTAG 08.08.2024 |
| Vinyasa Yoga 19.45 - 21.00 | Vinyasa Yoga 19.45 - 21.00 | Vinyasa Yoga 19.45 - 21.00 | Vinyasa Yoga 19.45 - 21.00 | Vinyasa Yoga 19.45 - 21.00 | Vinyasa Yoga 19.45 - 21.00 |
| FREITAG 05.07.2024 | FREITAG 12.07.2024 | FREITAG 19.07.2024 | FREITAG 26.07.2024 | FREITAG 02.08.2024 | FREITAG 09.08.2024 |
| Vinyasa Yoga 06.30 - 07.30 | Vinyasa Yoga 06.30 - 07.30 | Vinyasa Yoga 06.30 - 07.30 | Vinyasa Yoga 06.30 - 07.30 | Vinyasa Yoga 06.30 - 07.30 | Vinyasa Yoga 06.30 - 07.30 |