

	Apparatus	Pilates Matwork	Yoga
<b>Montag</b>	18:00 - 18:50 Wall Unit 19:00 - 19:50 Reformer 19:05 - 20:00 Wall Unit Professional	17:00-17:50 Pilates Matwork Professionel/ <b>Hybrid</b> / 18:00 - 18:50 <b>Matwork Starter</b> /	09:30 - 10:30 Yoga Tune up 18:00 - 19:00 Yoga Tune up 19:00 - 20:00 Yoga for men
<b>Dienstag</b>	09:30 -10:20 <b>Reformer Einsteiger</b> 18:00 -18:50 Reformer 18:15 -19:05 Wall Unit 19:15 - 20:05 Wall Unit Professional	09:30 -10:20 Pilates Matwork Mixed Level/ <b>Hybrid</b> /  19:15 - 20:05 Pilates Matwork Mixed Level/ <b>Hybrid</b>	18:00 - 19:15 Yoga Slow Flow
<b>Mittwoch</b>	09:00 -09:50 Wall Unit 18:00 -18:50 Reformer Professional 19:00 -19:50 <b>Reformer Einsteiger</b>	18:00 - 18:50 <b>Matwork Starter</b> 19:00 -19:50 Pilates Matwork Mixed Level/ <b>Hybrid</b> /	09:15 - 10:30 Yoga Vinyasa Flow/ <b>Hybrid</b> 18:30 - 19:45 Yoga Vinyasa Flow/ <b>Hybrid</b> 20:00 - 21:00 Yoga Slow Flow// <b>Hybrid</b>
<b>Donnerstag</b>	17:00 -17:50 Wall Unit 18:00 -18:50 <b>Wall Unit Einsteiger</b> 19:00 -19:50 <b>Reformer Einsteiger</b>	17:00 -17:50 Pilates Matwork Mixed Level/ <b>Hybrid</b> / 18:00 -18:50 Pilates Matwork Mixed Level mit Props (Kleingeräte)	
<b>Freitag</b>	08:30 - 09:20 Wall Unit 17:00 - 17:50 Wall Unit 18:00 -18:50 <b>Reformer Einsteiger</b> 19:00 -19:50 Reformer	09:30 -10:20 Pilates Matwork Mixed Level/ <b>Hybrid</b> / 18:00 -18:50 Pilates Matwork Complete/ <b>Hybrid</b> /	
<b>Samstag</b>		<b>Specials siehe Aushang und Newsletter !</b>	10:30 - 11:45 Yoga Vinyasa Flow