

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