

Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Pilates Reformer 08:45 - 09:40 <i>Daniela</i>				TRX Surprise 08:45 - 09:40 <i>Daniela</i>		
Power Yoga 09:50 - 10:45 <i>Daniela</i>				Pilates Reformer 09:50 - 10:45 <i>Daniela</i>		
Personaltraining 11:00 - 12:00 <i>Daniela</i>		Pilates Reformer 11:00 - 11:55 <i>Daniela</i>		Personaltraining 11:00 - 12:00 <i>Daniela</i>	Pilates Postnatal 11:05 - 12:00 <i>auf Anfrage</i>	
		Personaltraining 12:15 - 13:15 <i>Daniela</i>				
Schwangerschaftskurs 16:30 - 17:25 <i>Daniela</i>	Pilates Postnatal 16:30 - 17:25 <i>Daniela</i>	Personaltraining 16:30 - 17:30 <i>Daniela</i>	Pilates Reformer 16:30 - 17:25 <i>auf Anfrage</i>			
Pilates 17:45 - 18:40 <i>Daniela</i>	Power Yoga 17:45 - 18:40 <i>Daniela</i>	Pilates Mini-Reformer 17:45 - 18:40 <i>Daniela</i>	Pilates Reformer 17:45 - 18:40 <i>Daniela</i>			
TRX Surprise 18:50 - 19:45 <i>siehe Online-Plan</i>	Pilates Reformer 18:50 - 19:45 <i>Daniela</i>	Pump for fun 18:50 - 19:50 <i>siehe Online-Plan</i>	Spezial Kurs (s.aktuell) 18:50 - 19:45 <i>Daniela</i>			
Indoor Cycling 19:55 - 20:50 <i>Simone</i>						