

Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>on request</i>	
		Personaltraining 12:15 - 13:15 <i>Daniela</i>				
Pilates/Yoga Prenatal 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>on request</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>check Online Plan</i>	Pilates Reformer 18:50 - 19:45 <i>Daniela</i>	Pump for fun 18:50 - 19:50 <i>check Online-Plan</i>	Special course 18:50 - 19:45 <i>check Online-Plan</i>			
Indoor Cycling 19:55 - 20:50 <i>Simone</i>						