

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
NEU 08:30 – 09:30 Pilates Allegro Reformer “Kraft und Stärke” Laura				Neue Uhrzeit! 08:30 – 09:30...L1 A D Pilates Allegro Reformer “Move with the Oov ” Astrid		Special Workshops Termine siehe Aushang & Online-Kursplan
	NEU 09:00 –10:00...L1 M D/E Pilates Allegro Reformer “Der innere Halt” Astrid	NEU: Yogi-lates 09:00 – 10:00...L1-2 M D Yogi-lates “Get the Flow” Astrid	09:00 - 10:00.....Basic A D Pilates Allegro Reformer „Entspannter Rücken“ Astrid	Neue Uhrzeit! 09:45 - 10:45....L 2 A D Pilates Allegro Reformer “Pilates in Perfektion” Astrid	09:00 -10:00.. L 1 A D/E Pilates Allegro Reformer “Strength & Stretch” Boris	alle 14 Tage (siehe Ausschreibung Online-Planer
10:00 - 11:00..... L2 M D Pilates Matte “Ab ins Zentrum” Astrid	10:15 – 11:15 ...Basic A D Pilates Allegro Reformer “Start Up” Astrid	10:15 – 11:15... L 1 – 2 A E Pilates Allegro Reformer “Power Pilates “ Boris	10:15 – 11:15... L 1 A D Pilates Allegro Reformer “Living Senses” Astrid	NEU 11:00 – 12:00...L1 A D Pilates Allegro Reformer “Move with the Oov” Astrid	10:15 - 11:15 ..L2 M D/E Pilates meets Faszien “Body & Mind ” Astrid/Boris	NEU 10:00 - 11:00..L2 A D Pilates Allegro Reformer „Cardio Session“ Laura
11:15 – 12:15L2 A D Pilates Allegro Reformer „Trainieren wie die Stars“ Astrid	11:30 – 12:30 L 1 – 2 A D Pilates Allegro Reformer „Bewegliche Wirbelsäule“ Astrid				11:30 - 12.45..L1 A D/E Pilates Allegro Reformer “ Gesunder Rücken“ Astrid/Boris	11:00 – 12:30..M D/E Yo-Pi-Gy „Best of “ Astrid
12:30 – 13:30.... Basic A D Pilates Allegro Reformer „Living Senses“ Astrid						
17:30 – 18:30....Basic M D Pilates Matte „Bewegliche Wirbelsäule“ Astrid	Neue Uhrzeit!- ab 25.10.! 17:00– 18:00L1 A D Pilates Allegro Reformer “Strenght & Stretch ” Boris	17:00 – 18:00... L 1 A D Pilates Allegro Reformer “Haltung bitte” Astrid	NEU ab 11.11.! 17.30 – 18:30.... L1 M D ”Pilates meets Ballet” Manuela	17:15 – 18:15...L1 Pilates Allegro Reformer “Happy Weekend” Laura		
19:00 – 20:00....L1-2 M D* Pilates Matte „Aufrichtung +Stabilität“ Astrid	Neue Uhrzeit! ab 25.10.! 17:45 – 19:00..... L 1 M D GYROKINESIS “Spirals and Waves” Mami -	18:15 – 19:15.... L 2 M D Pilates Matte “Swing & Flow” Astrid	18:45 – 19:45.... L 3 A D Pilates Reformer &Circuit “Deep & Intensive” Astrid	18:30 – 19:30... 1-2 A D Pilates Allegro Circuit “Athletic Pilates” Laura		
20:15 – 21:15... L 1 – 2 A D Pilates Allegro Reformer “Deep Work” Laura	NEU ab 25.10.! 19:00 - 20:00...L1 M D “Dance meets Pilates” Laura	19:30 – 20:30 ...L 1 – 2 M D Pilates Matte “ Strength & Stretch“ Astrid	20:00 – 21:00... L 2 M D Pilates Matte „Es geht ums Prinzip“ Astrid			
	20:00 – 21:00..... L 2 A D Pilates Allegro Reformer “Dynamic Flow” Astrid					