

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		<u>08:30 -09:30.... L1-2 A E</u> Pilates Allegro Reformer "Pilates was a man, but not for man only"			<u>09:00 – 10:00...L1 M D</u> Yoga Good Morning Weekend	
<u>09:00 – 10:00.....L1 A E</u> Pilates Allegro Reformer „Fascial Stretch “	<u>09:00 – 10:00....L1 A E</u> Pilates Allegro "Der innere Halt"	<u>09:00 – 10:00...L1 M D</u> Pilates Matte "Körper-Mitte"	<u>09:30 - 10:30... L0 – 1 A D</u> Pilates Allegro Reformer "Living Senses"	<u>09:00 - 10:00...L1 A D</u> Pilates Allegro Reformer "All about Pilates"	<u>10:00 -11:00.. L1-2 A D/E</u> Pilates Allegro Reformer "Strength & Stretch"	
<u>10:15 - 11:15..... L1-2 M E</u> Pilates Matte "Fascial Flow"	<u>10:15 – 11:15 ...Basic A D</u> Pilates Allegro Reformer "Start Up"	<u>10:00 – 11:00... L1 A E</u> Pilates Allegro Reformer "Pure Pilates Priciples “	<u>10:45 – 11:15... L 1 A D</u> Pilates Allegro Reformer "Stabilität und Kraft"	<u>10:15– 11:15...L2 A D</u> Pilates Allegro Reformer "Body & Mind"	<u>11:15 - 12.15...L1 A D/E</u> Pilates Allegro Reformer " Gesunder Rücken“	
<u>11:45 – 12:45.... Basic A D</u> Pilates Allegro Reformer „Living Senses“	<u>11:30 – 12:30 ... L2 A D</u> Pilates Allegro Reformer „Bewegliche Wirbelsäule“			<u>11:30 - 12:30 ...L1 A D</u> Pilates Allegro Reformer "Move with the Oov"		
						Special Workshops Termine siehe Aushang & Online-Kursplan
<b>LUNCH</b>	<b>LUNCH</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
		<u>16:00 – 17:00...L0 - 1 A E</u> Pilates Allegro Reformer „Afternoon Pilates“				
<u>17:45– 18:45 Basic/ L1 A D</u> Pilates Allegro Reformer „Es geht ums Prinzip“	<u>18:15 – 19:15 Basic A D</u> Pilates Allegro Reformer "Absolute Beginners"	<u>17:00 – 18:00... L1 A E</u> Pilates Allegro Reformer "Haltung bitte"	<u>17.30 – 18:30.... L1 M D</u> Pilates Matte "Sensus Presence"	<u>18:00– 19:00.... L1 A E</u> Pilates Allegro Reformer "Happy Weekend"		
<u>19:00 – 20:00...L 1 M D</u> Pilates Matte "Aufrichtung u.Stabilität "	<u>19:30 – 20:30...L1 A D</u> Yoga Move & Flow	<u>18:15 – 19:15.... L2 M D</u> Pilates Matte "Swing & Flow"	<u>18:45 – 19:45.... L 2-3 A D</u> Pilates Allegro Circuit "Deep & Intensive"	<u>19:15 – 20:15...L2 M E</u> Pilates Allegro Reformer "Athletic Pilates"		,
	<u>19:30 – 20:30.... L 2 A D</u> Pilates Allegro Reformer "Dynamic Flow"	<u>19:30 – 20:30 ...L2 . M D</u> Pilates Matte " Strength & Stretch“	<u>19:30 – 20:30 L 1-2 M D</u> Pilates Matte "In der Tiefe"			