

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Pilates (I) Auf Anfrage 9.15-10.15		Pilates (II) Irene 9.15 – 10.15		Yoga (I) Arzu (English) 9.15 – 10.15	
		Yoga (I) Arzu (English) 11.15 – 12.15			Pilates Reformer (all) Irene 11.30 – 12.30
TRX Training (all) Mario 12.15 – 13.15	Pilates (II) Alexandra 12.30 – 13.30	Pilates (I) Irene 12.30 – 13.30	Pilates Reformer (II) Irene 12.30 – 13.30		
Pilates (I) Irene 17.45 – 18.45		TRX Training (all) Thomas 17.45 – 18.45			
Pilates Reformer (all) Auf Anfrage 17.45 – 18.45	Pilates (I) Alexandra 17.45 – 18.45	Pilates Reformer (all) Auf Anfrage 17.45 – 18.45	Pilates (I) Irene 17.45 – 18.45	Yoga (all) Irene 17.45 – 18.45	
Pilates mit TRX (II) Irene 19.00-20.00	Yoga (all) Alexandra 19.00 – 20.00	Pilates English (I) Thomas 19.00 – 20.00	Yoga (all) Arzu 19.00 – 20.00		
			Pilates (II) Irene 20.15 – 21.15		

Stufen:(I) Einsteiger (II) Geübte (all) offen für alle

--- Reformerkurse

--- Mattenkurse

--- Yogakurse

--- TRX Training