

Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Power Yoga 08:45 - 09:40 <i>Daniela</i>	Raum belegt	Raum belegt		TRX Surprise 08:45 - 09:40 <i>Daniela</i>		
Rückbildungskurs 09:50 - 10:45 <i>Daniela</i>	Raum belegt	Raum belegt	Raum belegt	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 - 11:30 <i>Daniela</i>		
		Personaltraining 12:15 - 13:15 <i>Daniela</i>				
			Ausbildung Yoga/Pilates 15:30 - 17:00 <i>Daniela</i>			
Personaltraining 16:30 - 17:30 <i>Daniela</i>	Schwangerschaftskurs 16:30 - 17:25 <i>Daniela</i>	Personaltraining 16:30 - 17:30 <i>Daniela</i>				
Pilates 17:45 - 18:40 <i>Daniela</i>	Power Yoga 17:45 - 18:40 <i>Daniela</i>	Faszien Training 17:45 - 18:40 <i>Daniela</i>	Pilates Reformer/MOTR meets TRX & Co. 17:45 - 18:40			
Bauch Beine Po 18:50 - 19:45 <i>Simone</i>	Pilates Reformer 18:50 - 19:45 <i>Daniela</i>	Pump for fun 18:50 - 19:50 <i>Kerstin</i>	Pilates Reformer 18:50 - 19:45 <i>Daniela</i>			
Indoor Cycling 19:55 - 20:50 <i>Simone</i>						