PILATES ATHLETICA

Stundenplan

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