PILATES ATHLETICA

Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Yoga 08:45 - 09:40 *Daniela*	*room occupied*	*room occupied*		TRX® Surprise 08:45 - 09:40 *Daniela*		
Personaltraining 09:50 - 10:50 *Daniela*	*room occupied*	*room occupied*	*room occupied*	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*				
			School training 15:30 - 17:00 *Daniela*			
Personaltraining 16:30 - 17:30 *Daniela*	Pilates/Yoga Prenatal 16:30 - 17:25 *Daniela*	Pilates Postnatal 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			
BBP 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*						