

## Stundenplan

| Montag                                                  | Dienstag                                                | Mittwoch                                                 | Donnerstag                                                  | Freitag                                             | Samstag | Sonntag |
|---------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------|---------|---------|
|                                                         |                                                         |                                                          |                                                             |                                                     |         |         |
|                                                         |                                                         |                                                          |                                                             |                                                     |         |         |
| Power Yoga<br>08:45 - 09:40<br><i>Daniela</i>           |                                                         |                                                          |                                                             | TRX Surprise<br>08:45 - 09:40<br><i>Daniela</i>     |         |         |
| Pilates Reformer<br>09:50 - 10:45<br><i>Daniela</i>     |                                                         |                                                          |                                                             | Pilates Reformer<br>09:50 - 10:45<br><i>Daniela</i> |         |         |
| Personaltraining<br>11:00 - 12:00<br><i>Daniela</i>     |                                                         | Pilates Reformer<br>11:00 - 11:55<br><i>Daniela</i>      |                                                             | Personaltraining<br>11:00 - 11:30<br><i>Daniela</i> |         |         |
|                                                         |                                                         | Personaltraining<br>12:15 - 13:15<br><i>Daniela</i>      |                                                             | Personaltraining<br>11:30 - 12:30<br><i>Daniela</i> |         |         |
|                                                         |                                                         |                                                          |                                                             |                                                     |         |         |
|                                                         |                                                         |                                                          |                                                             |                                                     |         |         |
| Schwangerschaftskurs<br>16:30 - 17:25<br><i>Daniela</i> | Pilates Postnatal<br>16:30 - 17:25<br><i>Daniela</i>    | Personaltraining<br>16:30 - 17:30<br><i>Daniela</i>      |                                                             |                                                     |         |         |
| Pilates<br>17:45 - 18:40<br><i>Daniela</i>              | Power Yoga<br>17:45 - 18:40<br><i>Daniela</i>           | Pilates Mini-Reformer<br>17:45 - 18:40<br><i>Daniela</i> | Pilates Reformer<br>17:45 - 18:40<br><i>Daniela</i>         |                                                     |         |         |
| Bauch Beine Po<br>18:50 - 19:45<br><i>Simone</i>        | Pilates Reformer<br>18:50 - 19:45<br><i>Daniela</i>     | Pump for fun<br>18:50 - 19:50<br><i>Kerstin</i>          | Spezial Kurs (s.aktuell)<br>18:50 - 19:45<br><i>Daniela</i> |                                                     |         |         |
| Indoor Cycling<br>19:55 - 20:50<br><i>Simone</i>        | Pilates Reformer<br>19:55 - 20:50<br><i>auf Anfrage</i> |                                                          |                                                             |                                                     |         |         |