

	Montag <i>Kurs 1</i>	Montag <i>Kurs 2</i>	Dienstag <i>Kurs 1</i>	Dienstag <i>Kurs 2</i>	Mittwoch	Donnerstag <i>Kurs 1</i>	Donnerstag <i>Kurs 2</i>	Freitag	Samstag
7.30 - 8.25					<i>Pilates Flow*</i>				
8.30 - 9.25	<i>Rücken Pilates*</i>		Pilates 1		<i>Pilates Flow*</i>	Pilates 1			
9.30 - 10.25	<i>Wirbelsäule Pur*</i>		Pilates 60+						Pure Reformer
10.30 - 11.25	<i>Rückenfit 60+*</i>		Rückenfit			Pilates 60+			<i>Pure Reformer</i>
11.30 - 12.25			<i>(Firmenkurs)</i>			<i>(Firmenkurs)</i>			
12.00 - 12.55									
16:00 - 16:55									
17:00 - 17:55			Rücken Pilates					Pure Reformer	
18:00 - 18:55	Rückenfit		Pilates 1		Pilates 1		Fazien Pilates	<i>Pure Reformer</i>	
19:00 - 19:55	Pilates 1		Athletic 2		Athletic 1		Athletic 1		
20:05 - 21:00	Athletic 1		Athletic 1		Pilates 1		Fazien Pilates		
21:05 - 22:00									

**auf Anfrage*