

# Pilates- Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		08.00 - 09.00 Pilates Reformer			
09.15 - 10.15 Pilates Level 2	09.00 - 10.00 Pilates Reformer	09.00 - 10.00 Pilates Reformer	09.00 - 10.00 Pilates Level 2	09.00 - 10.00 Pilates Level 2/3	09.00 - 10.00 Pilates Reformer
10.25 - 11.25 PT Pilates	10.10 - 11.10 Pilates Reformer	10.15 - 11.15 Pilates Reformer	10.15 - 11.15 Pilates Level 1/2	10.05 - 11.05 Pilates Level 1/2	10.05 - 11.05 Pilates Reformer
11.30 - 12.30 PT Pilates	11.15 - 12.15 in Vorbereitung	11.30 - 12.30 PT Pilates	11.30 - 12.30 PT Pilates		11.10 - 12.10 Pilates Reformer
					wechselnde Workshops  freies Training
17.50 - 18.50 Pilates Level 2			17.50 - 18.50 Pilates Reformer		
18.55 - 19.55 Pilates Level 2/3			18.55 - 19.55 Pilates Level 2		
20.00 - 21.00 Pilates Level 2/3		20.05 - 21.05 Pilates Reformer	20.00 - 21.00 Pilates Level 2		