



PILATES REFORMER

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		7:30-8:30 TONING Andreas				
9:00-10:00 FOUNDATIONS Andreas	9:00-10:00 TONING Andreas			9:00-10:00 DEEP STRENGTH Julia	9:00-10:00 FULL BODY COMPOUND Andreas	9:00-10:00 FOUNDATIONS Andreas
			11:00-12:00 DYNAMIC Mira		10:15-11:30 The Pump XXL Andreas	10:15-11:15 TONING Andreas
				12:10-13:00 LUNCHBREAK REFORMER Andreas		
18:00-19:00 DEEP STRENGTH Dorothee	18:30-19:30 SWEET LEGS Julie	18:30-19:30 DEEP STRENGTH Franziska	18:00-19:00 FOUNDATIONS Souad	18:00-19:15 The Pump XXL Andreas		
	19:45-20:45 BOOTY BURN Julie	19:45-20:45 BARRÉ FUSION Dorothee	19:15-20:15 TONING Souad			

Version 22.10.2024



Beginner



Intermediate



Advanced

