

Montag		Dienstag		Mittwoch		Donnerstag		Freitag
Bewegungsraum	Reformerraum	Bewegungsraum	Reformerraum	Bewegungsraum	Reformerraum	Bewegungsraum	Reformerraum	Bewegungsraum
8:30-09:40 YOGA offene Stunde Steffi		8:30 - 09:30 Faszien&Mehr Level I-II Monika	08:30-09:30 Reformer® Level II Paolo	08:30-9:30 bodyART® Level II-III Maria	8:30-9:30 Reformer® Level I Wolfgang	08:00-9:00 Qi Gong offene Stunde Wolfgang		08:30 - 09:30 *PILATES Level I-II Kathrin
09:40 - 10:40 *PILATES&TRX® Level II Wolfgang	09:30 - 10:30 *PILATES Einführung Gerätetraining Tina		09:30-10:30 Reformer® Level I-II Paolo	09:45 - 10:45 Senior Fit Gesunder Rücken Wolfgang	09:45-10:45 Reformer® Level II-III Maria	09:00 - 10:00 PILATES Level I-II Maria	9:00-10:00 Reformer® Level I Wolfgang	
10:40 - 11:30 *PILATES Level I-II Tina			10:30 - 11:30 Reformer® Level II Paolo	10:45-11:45 Onko-Training 11:45-12:45 Onko-Training		10:15-11:15 *bodyART® Level I-II Maria	11:15-12:15 Reformer® Level II Maria	10:30 - 11:30 Beckenboden Training Andrea
17:00-18:00 PILATES Level I-II Maria	17:00-18:00 Reformer® Level I Tina	17:00-18:00 bodyART Level II Maria			17:30-18:30 Reformer Level I-II Monika			
18:00 - 19:00 PILATES Gesunder Rücken Maria	18:00-19:00 Reformer® Level II Tina	18:00-19:00 *Qi- Yoga Jedes Level Wolfgang	18:00-19:00 Reformer® Level II Maria	18:30 - 19:30 *PILATES Level I-II Tina	18:30-19:30 Reformer® Level II Monika	18:30-19:30 Pilates Level II Claudia	18:30-19:30 Reformer Level I-II Tina	
	19:00-20:00 Reformer® Level II Tina	19:00-20:00 TRX®& Mehr Level II Wolfgang	19:00-20:00 Reformer® Level II Maria	19:30 - 20:30 *PILATES Einführung Gerätetraining Tina			19:30-20:30 Reformer Level II Tina	19:30-20:45 Yoga offene Stunde Steffi