

Stundenplan 2018

Pilates & Faszientraining

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
08:15-08:45 Power Plate		08:15-08:45 Power Plate		08:15-08:45 Power Plate	
08:45-09:15 Power Plate		08:45-09:15 Power Plate		08:45-09:15 Power Plate	
09:15-10:15 Power Pilates**		09:15-10:15 Pilates**		09:15-10:15 Pilates**	
10:15-11:15 FaszienTraining**		Personal Trainings			
		Personal Trainings			
17:30-18:00 Powerplate			17:30-18:00 Power Plate		
18:00-18:30 Powerplate	18:00-18:30 Power Plate		18:00-18:30 Power Plate		
18:30 - 19.30 Pilates**	18:30-19:00 Power Plate		18:30-19:30 FaszienTraining**		
19:30 - 20.30 Pilates**	19:00-19:30 Power Plate		19:30-20:30 Power Plate		
	19:30-20:30 Pilates**				

** Kurse sind Qualitop zertifiziert