

# Stundenplan Herbst 2024

Anmeldungen: [training@pilatesboutique.de](mailto:training@pilatesboutique.de)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	Pilates Good morning 08:30	Pilates Early Bird 07:00	Pilates Good morning 08:30		Spezial 09:00	Workshops & Spezials siehe Aushang
Pilates 1-2 09:30	Pilates Postnatal 10:00		Pilates 65 + 10:00	Barre 09:30		
Pilates 1 12:00			Pilates Lunch 12:00	Happy Weekend 12:00		
			Barre 13:05			
Pilates 2 17:30	Flying Pilates 17:30	Pilates 2 17:00	Barre 18:00			
Pilates 1-2 18:45	Pilates 2 19:00	Flying Pilates 18:20	Pilates Basic 19:15			
	Pilates 1-2 20:10	Pilates 1 19:45				



MATTE  
BARRE  
FLYING  
PILATES

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
Prenatal 10:45				Reformer 08:15		
Reformer 12:00				Reformer 12:00		
Reformer 1-2 13:15	Reformer 12:30					
Reformer 2 17:00						
Reformer 2 18:10						
Reformer 1 19:15		Reformer 1 19:35				

REFORMER  
TRAINING

QR Code scannen  
und aktuellen  
Stundenplan laden

