

# Stundenplan

Montag	07.50 – 08.50	Pilates Matte	all levels
	09.00 – 10.00	Pilates Matte	all levels
	16.15 – 17.10	Reformer	basic
	17.15 – 18.10	Reformer	all levels
	19.30 – 20.30	bellicon Bounce	
Dienstag	07.45 – 08.40	Reformer	all levels
	09.00 – 10.15	Vinyasa Yoga	
	10.30 – 11.30	Yoga	60+
	18.15 – 19.15	Pilates Matte	all levels
	19.30 – 20.30	Power Yoga	
Mittwoch	17.00 – 18.00	Pilates	Senioren
	18.45 – 19.45	Pilates Matte	all levels
	20.00 – 21.00	Pilates	Männer
Donnerstag	13.00 – 14.00	bellicon Move	basic
	18.30 – 19.30	bellicon Bounce	
	19.45 – 21.00	Vinyasa Yoga	
Freitag	06.45 – 07.45	Vinyasa Yoga	early bird
	07.50 – 08.50	Pilates Matte	all levels
	09.00 – 10.00	Pilates Matte	all levels
	10.15 – 11.15	Pilates	Senioren

## Anmeldung

Pilates  
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