



Aktueller Stundenplan

2.Semester 09.04.18 – 29.06.18

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|------------|-------------|---|----------|-----------------|
| Montag | 09.00-10.00 | Basic am Reformer und EXO Chair | Gianna | Rückengymnastik |
| | 16.15-17.15 | Pilates all Level am Reformer und EXO Chair | Anke | Fitness |
| Dienstag | 07.00-07.45 | TRX – Pilates all Level | Anke | Fitness |
| | 07.50-08.50 | Pilates all Level am Reformer und EXO Chair | Anke | Fitness |
| | 12.15-13.00 | Gyrokinesis | Swanhild | Fitness |
| | 18.45-19.45 | Pilates all Level am Reformer und EXO Chair | Anke | Fitness |
| Mittwoch | 07.30-08.30 | Basic am Reformer und EXO Chair | Andrea | Rückengymnastik |
| | 12.00-13.00 | YogaBasic | Andrea | Fitness |
| | 12.15-13.00 | Pilates all Level am Reformer und EXO Chair | Anke | Fitness |
| | 18.30-19.30 | Basic am Reformer und EXO Chair | Karin | Rückengymnastik |
| | 20.00-21.00 | Basic am Reformer und EXO Chair | Karin | Rückengymnastik |
| Donnerstag | 07.00-07.45 | Circle Training Pilates Geräte ,Gyrotoner & TRX | Anke | Fitness |
| | 07.50-08.50 | Pilates all Level am Reformer und EXO Chair | Anke | Fitness |
| | 09.00-10.00 | Basic am Reformer und EXO Chair | Anke | Rückengymnastik |
| | 12.15-13.00 | Pilates all Level am Reformer und EXO Chair | Barbara | Fitness |
| Freitag | 12.15-13.00 | Basic am Reformer und EXO Chair | Karin | Rückengymnastik |

