

# TRAININGSPLAN AB OKTOBER 2024

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
		08.00-08.45 Reformer Fitness Reformer Raum			
	09.00-10.00 Yoga Klassik Raum	09.00-09.45 Reformer Basis Reformer Raum			10.00-10.45 Reformer Fitness Reformer Raum
18.00-18.45 Reformer Basis Reformer Raum	18.00-18.45 Reformer Fitness Reformer Raum	18.00-18.45 Reformer Basis Reformer Raum	18.00-18.45 Reformer Fitness Reformer Raum		
18.00-18.45 Pilates Basis Klassik Raum	18.00-18.45 Pilates Fitness Reformer Raum	18.00-18.45 Barre Klassik Raum	18.00-18.45 Yoga Klassik Raum		
19.00-19.45 Reformer Fitness Reformer Raum	19.00-19.45 Reformer Cardio Reformer Raum	19.00-19.45 Reformer Fitness Reformer Raum	19.00-19.45 Reformer Basis Reformer Raum		
19.00-19.45 Barre Klassik Raum	19.00-19.45 Deepwork Klassik Raum	19.00-19.45 Pilates Fitness Klassik Raum	19.00-19.45 Yoga Klassik Raum		