

TRAININGSPLAN STUDIO MÜNSTER STADT AB JANUAR 2025

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
08.00-08.45 Reformer Fitness Lola	09.00-09.45 Reformer Basis Anja	07.00-07.45 Reformer Fitness Tamara (English)	08.00-08.45 Reformer Basis Tamara (English)	09.00-09.45 Reformer Fitness Karina	09.00-09.45 Reformer Fitness Norma	10.00-10.45 Reformer Fitness Norma
09.00-09.45 Reformer Fitness Lola	10.00-10.45 Reformer Basis Anja	08.00-08.45 Reformer Basis Tamara (English)	12.00-12.45 Reformer Basis Tamara (English)	10.00-10.45 Reformer Basis Karina	10.00-10.45 Reformer Fitness Norma	
17.00-17.45 Reformer Basis Tamara (English)	17.00-17.45 Reformer Fitness Lola	17.00-17.45 Reformer Basis Tamara (English)	17.00-17.45 Reformer Basis Elif	17.00-17.45 Reformer Fitness		
18.00-18.45 Reformer Basis Tamara (English)	18.00-18.45 Reformer Basis Lola	18.00-18.45 Reformer Basis Karina	18.00-18.45 Reformer Fitness Elif			
19.00-19.45 Reformer Fitness Tamara (English)	19.00-19.45 Reformer Fitness Lola	19.00-19.45 Reformer Fitness Karina	19.00-19.45 Reformer Fitness Elif			
20.00-20.45 Reformer Fitness Tamara (English)	20.00-20.45 Reformer Fitness Lola	20.00-20.45 Reformer Fitness Karina	20.00-20.45 Reformer Fitness Elif			