

TRAININGSPLAN STUDIO MÜNSTER STADT AB JANUAR 2025

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
	08.00-08.45 Reformer Fitness Lola	09.00-09.45 Reformer Basis Anja	08.00-08.45 Reformer Basis Tamara (English)		09.00-09.45 Reformer Fitness Karina
	09.00-09.45 Reformer Fitness Lola	10.00-10.45 Reformer Basis Anja			10.00-10.45 Reformer Basis Karina
17.00-17.45 Reformer Basis Tamara (English)	17.00-17.45 Reformer Basis Lola			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	18.00-18.45 Reformer Fitness Theresa		
19.00-19.45 Reformer Fitness Tamara (English)	19.00-19.45 Reformer Fitness Lola	19.00-19.45 Reformer Fitness	19.00-19.45 Reformer Basis Theresa		
		20.00-20.45 Reformer Fitness			