

# AKTUELLER TRAININGSPLAN

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SONNTAG

**09.00-09.45**

Reformer - Basis  
Simone  
Reformer Studio

**10.00-10.45**

Reformer - Basis  
Simone  
Reformer Studio

**17.00-17.45**

Reformer - Basis  
Sabina  
Klassik Studio

**18.00-18.45**

Pilates - Fitness  
Norma  
Klassik Studio

**18.00-18.45**

Reformer - Basis  
Sabina  
Reformer Studio

**19.00-20.00**

Yoga  
Kerstin R.  
Klassik Studio

**19.00-19.45**

Reformer - Fitness  
Norma  
Reformer Studio

**20.00-20.45**

Reformer - Männer  
Norma  
Reformer Studio

**20.00-21.00**

Yoga  
Kerstin R.  
Klassik Studio

**17.00-17.45**

Reformer - Fitness  
Marianne  
Klassik Studio

**18.00-18.45**

Pilates - Basis  
Ilka  
Klassik Studio

**18.00-18.45**

Reformer - Basis  
Marianne  
Reformer Studio

**19.00-19.45**

Pilates - Fitness  
Verena  
Klassik Studio

**19.00-19.45**

Reformer - Basis  
Kerstin F.  
Reformer Studio

**19.15-20.00**

Livestream  
Marianne  
Online

**20.00-20.45**

Reformer - Cardio  
Kerstin F.  
Reformer Studio

**20.00-20.45**

deepwork  
Verena  
Klassik Studio

**08.00-08.45**

Reformer - Fitness  
Kerstin F.  
Reformer Studio

**09.00-09.45**

Reformer - Fitness  
Kerstin F.  
Reformer Studio

**09.00-10.00**

Yoga  
Kerstin R.  
Klassik Studio

**11.00-11.45**

Pilates - Hocker  
Marianne  
Klassik Studio

**16.00-16.45**

Pilates - Rücken  
Marianne  
Klassik Studio

**17.00-17.45**

Pilates - Rücken  
Marianne  
Klassik Studio

**18.00-18.45**

Reformer - Fitness  
Kerstin F.  
Reformer Studio

**18.00-19.00**

Yoga  
Kerstin R.  
Klassik Studio

**10.00-10.45**

Reformer - Fitness  
Norma  
Reformer Studio

**10.00-10.45**

Pilates - Fitness  
Kerstin F.  
Klassik Studio

**11.00-12.00**

Yoga  
Kerstin R.  
Klassik Studio