

# AKTUELLER TRAININGSPLAN

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
			08.00-08.45 Reformer - Fitness Annabelle Reformer Studio		
09.00-09.45 Reformer - Basis Simone Reformer Studio			09.00-09.45 Reformer - Fitness Kerstin F. Reformer Studio		10.00-10.45 Reformer - Fitness Norma Reformer Studio
10.00-10.45 Pilates - Basis Simone Klassik Studio			09.00-10.00 Yoga Kerstin R. Klassik Studio		10.00-10.45 Pilates - Fitness Kerstin F. Klassik Studio
			11.00-11.45 Pilates - Hocker Annabelle Klassik Studio		11.00-12.00 Yoga Kerstin R. Klassik Studio
	17.00-17.45 Reformer - Basis Sabina Klassik Studio	17.00-17.45 Reformer - Fitness Marianne Klassik Studio		16.00-16.45 Pilates - Rücken Marianne Klassik Studio	
18.00-18.45 Barre Verena Klassik Studio	18.00-18.45 Pilates - Fitness Norma Klassik Studio	18.00-18.45 Pilates - Basis Annabelle Klassik Studio	18.00-18.45 Barre Verena Klassik Studio	17.00-17.45 Pilates - Rücken Marianne Klassik Studio	
18.00-18.45 Reformer - Fitness Kerstin F. Reformer Studio	18.00-18.45 Reformer - Basis Sabina Reformer Studio	18.00-18.45 Reformer - Basis Marianne Reformer Studio	18.00-18.45 Reformer - Fitness Marianne Reformer Studio	17.00-17.45 Reformer - Fitness Kerstin F. Reformer Studio	
19.00-19.45 Pilates - Fitness Kerstin F. Klassik Studio	19.00-20.00 Yoga Kerstin R. Klassik Studio	19.00-19.45 Pilates - Fitness Verena Klassik Studio	19.00-19.45 Pilates - Fitness Verena Klassik Studio	18.00-19.00 Yoga Kerstin R. Klassik Studio	
19.00-19.45 Reformer - Basis Norma Reformer Studio	19.00-19.45 Reformer - Fitness Norma Reformer Studio	19.00-19.45 Reformer - Basis Kerstin F. Reformer Studio	19.00-19.45 Reformer - Fitness Marianne Reformer Studio		
20.00-20.45 Reformer - Cardio Norma Reformer Studio	20.00-20.45 Reformer - Männer Norma Reformer Studio	19.15-20.00 Livestream Marianne Online	20.00-20.45 Reformer - Männer Norma Reformer Studio		
	20.00-21.00 Yoga Kerstin R. Klassik Studio	20.00-20.45 Reformer - Cardio Kerstin F. Reformer Studio			
		20.00-20.45 deepwork Verena Klassik Studio			