

TRAININGSPLAN STUDIO TELGTE

AB NOVEMBER 2024

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

09.00-10.00

Yoga

Maren

Klassik Raum

08.00-08.45

Reformer Fitness

Marianne

Reformer Raum

17.00-17.45

Reformer Basis

Tamara (English)

Reformer Raum

18.00-18.45

Reformer Basis

Theresa

Reformer Raum

18.00-18.45

Reformer Basis

Laura

Reformer Raum

18.00-18.45

Reformer Basis

Karina

Reformer Raum

18.00-18.45

Reformer Fitness

Norma

Reformer Raum

18.00-18.45

Barre

Karina

Klassik Raum

19.00-19.45

Reformer Fitness

Laura

Reformer Raum

18.00-18.45

Barre

Tamara (English)

Klassik Raum

19.00-19.45

Reformer Fitness

Norma

Reformer Raum

19.00-19.45

Reformer Fitness

Karina

Reformer Raum

19.00-19.45

Barre

Verena

Klassik Raum

19.00-19.45

Reformer Fitness

Karina

Reformer Raum

19.00-19.45

Yoga

Maren

Klassik Raum

19.00-19.45

Pilates Basis

Theresa

Klassik Raum

20.00-20.45

Reformer Fitness

Karina

Reformer Raum