

TRAININGSPLAN STUDIO MÜNSTER HANDORF

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SONNTAG
			08.00-08.45 Reformer - Fitness Kerstin F. <i>Reformer Studio</i>		09.00-09.45 Reformer - Fitness Norma <i>Reformer Studio</i>
09.00-09.45 Reformer - Fitness Lola <i>Reformer Studio</i>			09.00-09.45 Reformer - Fitness Kerstin F. <i>Reformer Studio</i>		10.00-10.45 Reformer - Fitness Norma <i>Reformer Studio</i>
10.00-10.45 Reformer - Basis Lola <i>Reformer Studio</i>			09.00-10.00 Yoga Kerstin R. <i>Klassik Studio</i>		10.00-10.45 Pilates - Fitness Kerstin F. <i>Klassik Studio</i>
17.00-17.45 Reformer - Fitness Lola <i>Reformer Studio</i>	17.00-17.45 Reformer - Basis Sabina <i>Reformer Studio</i>	17.00-17.45 Reformer - Fitness Marianne <i>Reformer Studio</i>	17.00-17.45 Reformer - Fitness Marianne <i>Reformer Studio</i>	16.00-16.45 Reformer - Basis Kerstin <i>Reformer Studio</i>	
18.00-18.45 Barre Lola <i>Klassik Studio</i>	18.00-18.45 Pilates - Fitness Norma <i>Klassik Studio</i>	18.00-18.45 Pilates - Basis Ilka <i>Klassik Studio</i>	18.00-18.45 Barre Verena <i>Klassik Studio</i>	17.00-17.45 Pilates - Rücken Ilka <i>Klassik Studio</i>	
18.00-18.45 Reformer - Fitness Kerstin F. <i>Reformer Studio</i>	18.00-18.45 Reformer - Basis Sabina <i>Reformer Studio</i>	18.00-18.45 Reformer - Basis Marianne <i>Reformer Studio</i>	18.00-18.45 Reformer - Fitness Marianne <i>Reformer Studio</i>	17.00-17.45 Reformer - Fitness Kerstin F. <i>Reformer Studio</i>	
19.00-19.45 Pilates - Fitness Kerstin F. <i>Klassik Studio</i>	19.00-20.00 Yoga Kerstin R. <i>Klassik Studio</i>	19.00-19.45 Pilates - Fitness Verena <i>Klassik Studio</i>	19.00-19.45 Pilates - Fitness Verena <i>Klassik Studio</i>	18.00-19.00 Yoga Kerstin R. <i>Klassik Studio</i>	
19.00-19.45 Reformer - Basis Lola <i>Reformer Studio</i>	19.00-19.45 Reformer - Fitness Norma <i>Reformer Studio</i>	19.00-19.45 Reformer - Basis Kerstin F. <i>Reformer Studio</i>	19.00-19.45 Reformer - Fitness Marianne <i>Reformer Studio</i>		
20.00-20.45 Reformer - Cardio Lola <i>Reformer Studio</i>	20.00-20.45 Reformer - Fitness Norma <i>Reformer Studio</i>	19.15-20.00 Livestream Marianne <i>Online</i>	20.00-20.45 Reformer - Fitness Marianne <i>Reformer Studio</i>		
		20.00-20.45 Reformer - Cardio Tamara <i>Reformer Studio</i>			
		20.00-20.45 deepwork Verena <i>Klassik Studio</i>			