

# August 2025



| Montag                                      | Montag                           | Dienstag                                         | Mittwoch                                  | Mittwoch                              | Donnerstag                                  | Donnerstag                                         | Freitag                                          | Samstag                                                               | Samstag                                |
|---------------------------------------------|----------------------------------|--------------------------------------------------|-------------------------------------------|---------------------------------------|---------------------------------------------|----------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------|
| Saal 1                                      | Saal 2                           | Saal 1                                           | Saal 1                                    | Saal 2                                | Saal 1                                      | Saal 2                                             | Saal 1                                           | Saal 1                                                                | Saal 2                                 |
|                                             |                                  | 8.30-9.30 Uhr<br>Wake up Reformer<br>All Levels  |                                           | 9.00-10.00 Uhr<br>Pilates Matte Flow  |                                             |                                                    | 8.20-9.20 Uhr<br>Reformer Flow<br>All Levels     |                                                                       |                                        |
|                                             |                                  |                                                  |                                           |                                       |                                             |                                                    | Special 8.8.2025<br>9.30-10.30 Uhr<br>Yoga Dance | 9.30-10.30 Uhr<br>Reformer<br>Intermediate                            |                                        |
|                                             |                                  | 12.00-13.00 Uhr<br>Lunch Reformer<br>All Levels  |                                           |                                       |                                             |                                                    |                                                  | Special 9.8.2025<br>10.00-11.00 Uhr<br>Reformer+Matte<br>Master Class | 10.30-11.30 Uhr<br>Barre<br>All Levels |
|                                             |                                  |                                                  |                                           |                                       |                                             |                                                    |                                                  |                                                                       |                                        |
| 18.00-19.00 Uhr<br>Reformer<br>All Levels   |                                  | 18.00-19.00 Uhr<br>Reformer Flow<br>Intermediate | 18.00-19.00 Uhr<br>Reformer<br>Beginner   |                                       | 18.00-19.00 Uhr<br>Reformer<br>Beginner     |                                                    | 18.00-19.00 Uhr<br>Sweat Reformer<br>All Levels  |                                                                       |                                        |
| 19.00-20.00 Uhr<br>Reformer<br>Intermediate | 19.00-20.00 Uhr<br>Pilates Matte | 19.00-20.00 Uhr<br>Reformer<br>Advanced          | 19.00-20.00 Uhr<br>Reformer<br>All Levels | 19.00-20.00 Uhr<br>Pilates Matte Flow | 19.00-20.00 Uhr<br>Reformer<br>Intermediate | 18.50-19.50 Uhr<br>Pilates Sensitive<br>All Levels |                                                  |                                                                       |                                        |