

September 2026

Montag	Montag	Dienstag	Mittwoch	Mittwoch	Donnerstag	Donnerstag	Freitag	Freitag	Samstag	Samstag	Sonntag
Saal 1	Saal 2	Saal 1	Saal 1	Saal 2	Saal 1	Saal 2	Saal 1	Saal 2	Saal 1	Saal 2	Saal 1
			9.30-10.30 Reformer All Levels Prävention Oktober				8.20-9.20 Reformer Early Bird All Levels				
								9.50-10.50 Yoga Morning Energy Flow			10.00-11.00 Uhr Reformer All Levels
										10.30-11.30 Ballett Basic	
		17.00-18.00 Reformer All Levels	17.00-18.00 Reformer All Levels							11.30-12.30 Barre	
18.00-19.00 Reformer All Levels		18.00 -19.00 Reformer Intermediate	18.00-19.00 Reformer Advanced	18.00-19.00 Pilates Matte	18.00-19.00 Reformer All Levels				12.30-14.00 Einsteiger- workshop Start Pilates		
19.00-20.00 Reformer Intermediate	19.00-20.00 Pilates Matte	19.00-20.00 Reformer Advanced	19.00-20.00 Reformer Intermediate	19.00-20.00 Pilates Matte	19.00-20.00 NEU!!!! Reformer Beginner	18.50-19.50 Pilates Matte Sensitive					