

Kursplan



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
8:30 Morning Flow Mat Pilates				10:00 Morning Flow Mat Pilates	10:30 Flying Pilates Basic I	
10:30 Mama + Baby Pilates						
	17:00 Flying Pilates Basic I		17:00 Flying Pilates Basic I	17:00 Flying Pilates Mix II	17:00 Flying Pilates Mix II	
18:00 Flying Pilates Basic I	18:30 Flying Pilates Mix II	18:30 Flying Pilates Basic I	18:30 Flying Pilates Regular III	18:30 Flying Pilates Basic I	18:30 Flying Pilates Basic I	
19:30 Flying Pilates Regular III	20:00 Flying Pilates Basic I	20:00 Flying Pilates Mix II	20:00 Flying Pilates Mix II			

gültig ab 9. Januar 2017