

Kursplan

Flying Pilates

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

gültig ab 2. Januar 2018