

Studio - Stundenplan

ab August 2011

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
08.30 Frauen Power 09.25 Karin	08.00 Pilates Level 1 08.55 Karin	08.30 Pilates Level 2 09.25 Karin	08.30 Rücken Pilates 09.25 Karin	
09.30 Pilates Level 2 10.25 Karin	09.30 Aqua St. Urban* 10.25 Karin	09.30 Rücken Pilates 10.25 Karin / KH	09.30 Frauen Power 10.25 Karin / KH	09.30 Pilates Level 1 10.25 Karin / KH
		12.15 Aqua Bützberg* 13.00 Karin		12.15 Aqua Bützberg* 13.00 Karin
		13.00 Aqua Bützberg* 13.45 Karin		
		17.00 Senioren Pilates 17.55 Karin	17.00 Rücken Pilates 17.55 Karin	
18.00 Pilates Level 2 18.55 Karin	18.00 Pilates Level 1 18.55 Karin	18.00 Pilates Level 2 18.55 Karin	18.00 Pilates Level 1 18.55 Karin	18.00 Pilates Level 1 18.55 Johanna
19.00 Rücken Pilates 19.55 Karin	19.00 Pilates Level 3 19.55 Karin	19.00 Pilates Level 1 19.55 Karin	19.00 Pilates Level 2 19.55 Karin	
20.15 Frauen Power 21.10 Karin	20.15 Rücken Pilates 21.10 Karin	20.30 Aqua St. Urban* 21.15 Karin	20.15 Pilates Level 1 21.10 Karin	

*Wasserkurse beginnen erst Ende August