

# Kursplan Stand Mai 2025



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				09:30-10:20 (G/O) Studio Explorer	
					11:00-11:50 (G/O) Weekend Studio
					12:00-12:50 (G/O) Refresher Studio
				17:00-17:50 (G/O) New Studio	
18:00-18:50 (M/O) Slow & Precise	18:00-18:50 (M/O) Deep Mat	18:00-18:50 (M/O) Mat Fun	18:00-18:50 (G/O) True Studio - keine Beginner! -		
19:00-19:50 (G/O) New Studio		19:00-19:50 (G/O) Studio Fun			

(M/O) = Matte (im Studio & online)

(G/O) = Geräte (im Studio & online)

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**Pilates**  
HALTUNGSSCHULE