









KURSPLAN STAND APRIL 2024

	 	 			
MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
				09:30 - 10:20 (G/O) Studio Explorer	
		10:00 - 10:50 (M/O) Mat Mix			
					11:00 - 11:50 (G/O) Weekend Studio
					12:00 - 12:50 (G/O) Weekend Studio
	17:00 - 17:50 (G/O) Studio Explosion	17:00 - 17:50 (M/O) Mat Fun			
	18:00 - 18:50 (M/O) Deep Mat	18:00 - 18:50 (G/O) Studio Fun	18:00 - 18:50 (G/O) True Studio		
18:00 - 18:50 (M/O) Slow & Precise					

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

sensio® Pilates
HALTUNGSSCHULE