

# Kursplan Care-Pilates ab 04.10.2021

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Uhrzeit
08:30				<b>Pilates</b> <small>Mix</small>		
09:00	<b>Pilates</b> <small>Mix</small> <i>Daniela</i>	<b>Pilates</b> <small>Damen</small> <i>Susanne</i>		<i>Susanne</i>	<b>Pilates</b> <small>Mix</small> <i>Daniela</i>	09:00
10:00	<b>Yoga mit Baby</b> <i>Daniela</i>				<b>Rückbildungs- Gymnastik</b> <i>Daniela</i>	10:00
10:30						10:30
11:00						11:00
11:15					<b>MaWiBa</b> <small>Mama mit Baby-Tanz</small> <i>Daniela</i>	11:15
12:15						12:15
17:00	<b>Pilates</b> <small>Damen</small> <i>Susanne</i>					17:00
17:30				<b>Pilates for Professionals</b> <i>Susanne</i>		17:30
18:00		<b>HappyBauch</b> Gymnastik für Schwangere <i>Daniela</i>				18:00
18:30	<b>Pilates</b> <small>Herren</small> <i>Susanne</i>			<b>Pilates</b> <small>Damen</small> <b>Hybrid</b> <i>Susanne</i>		18:30
19:00		<b>Pilates</b> <small>Mix</small> <i>Daniela</i>	<b>Pilates</b> <small>Mix</small> <i>Silke</i>			19:00
19:30						19:30