

# REFORMER PILATES

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

07:30 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Heike (DE/EN)

09:00 • 45 Min

THE/16 Reformer Pilates -  
Full Body  
Alle Level

07:30 • 45 Min

THE/16 Reformer Pilates -  
Full Body  
Alle Level

06:30 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Sina (DE/EN)

07:30 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Sina (DE/EN)

09:00 • 45 Min

THE/16 Reformer Pilates -  
Full Body  
Alle Level

12:00 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Cindy (DE/EN)

06:30 • 60 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Laura (DE/EN)

07:30 • 45 Min

THE/16 Reformer Pilates -  
Full Body  
Alle Level

08:30 • 45 Min

THE/16 Reformer Pilates -  
Soft  
Alle Level

12:00 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Cindy (DE/EN)

16:30 • 45 Min

THE/16 Reformer Pilates -  
Full Body  
Alle Level  
Janica (DE/EN)

07:30 • 45 Min

THE/16 Reformer Pilates -  
Full Body  
Alle Level

08:30 • 45 Min

THE/16 Reformer Pilates -  
Soft  
Alle Level

12:00 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Cindy (DE/EN)

16:00 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Laura (DE/EN)

08:30 • 45 Min

THE/16 Reformer Pilates –  
Basics  
Alle Level  
Tatjana (DE/EN)

09:30 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Janica (DE/EN)

10:30 • 45 Min

THE/16 Reformer Pilates -  
Full Body  
Alle Level  
Janica (DE/EN)

08:00 • 45 Min

THE/16 Reformer Pilates -  
Mobility  
Alle Level  
Eda (DE)

09:00 • 45 Min

THE/16 Reformer Pilates -  
Full Body  
Alle Level  
Eda (DE)

10:00 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Eda (DE)

18:00 • 45 Min

THE/16 Reformer Pilates –  
Basics  
Anfänger  
Tatjana (DE/EN)

17:30 • 45 Min

THE/16 Reformer Pilates -  
Mobility  
Alle Level

18:30 • 45 Min

THE/16 Reformer Pilates -  
Strength  
Intermediate  
Leonie (DE)

19:30 • 45 Min

THE/16 Reformer Pilates -  
Reset  
Alle Level

17:30 • 45 Min

THE/16 Reformer Pilates -  
Mobility  
Alle Level  
Julia (DE/EN)

18:30 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Julia (DE/EN)

19:30 • 45 Min

THE/16 Reformer Pilates -  
Reset  
Alle Level  
Julia (DE/EN)

17:30 • 45 Min

THE/16 Reformer Pilates -  
Mobility  
Alle Level  
Anna (DE/EN)

18:30 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Anna (DE/EN)

19:30 • 45 Min

THE/16 Reformer Pilates -  
Reset  
Alle Level  
Anna (DE/EN)

17:30 • 45 Min

THE/16 Reformer Pilates -  
Mobility  
Alle Level

18:30 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level

17:30 • 45 Min

THE/16 Reformer Pilates -  
Flow  
Alle Level  
Leonie (DE)

18:30 • 45 Min

THE/16 Reformer Pilates –  
Disco  
Alle Level  
Leonie (DE)



AUGUST

# YOGA, MEDITATION & MATTEN PILATES

AUGUST

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG

SAMSTAG

SONNTAG

09:00 • 60 Min

THE/SWEAT 16 Sculpt (EN)  
Alle Level  
Raha (EN)

10:30 • 60 Min

THE/16 Mama & Baby (EN)  
Alle Level  
Raha (EN)

12:00 • 45 Min

THE/16 Yoga– Mobility  
Alle Level  
Raha (EN)

16:30 • 60 Min

THE/SWEAT 16 Sculpt  
Alle Level  
Heike (DE/EN)

18:00 • 75 Min

THE/16 Yoga – Prana Flow  
Alle Level  
Marijana (DE/EN)

19:30 • 60 Min

THE/16 Meditation Circle  
Alle Level  
Regina (DE/EN)

nur am 12.08.

08:00 • 45 Min

THE/16 Yoga – Vinyasa  
Flow  
Alle Level  
Ulrike (DE)

10:30 • 60 Min

THE/16 Mat Pilates - Core  
Alle Level  
Cindy (DE/EN)

17:30 • 45 Min

THE/16 Mat Pilates - Core  
Alle Level  
Janica (DE/EN)

18:30 • 60 Min

THE/16 Yoga – Hatha  
Alle Level  
Sandra (DE)

17:30 • 60 Min

THE/16 Yoga – Hatha  
Alle Level  
Tatjana (DE/EN)

19:00 • 60 Min

THE/16 Yoga – Candlelight  
Yin  
Alle Level  
Tatjana (DE/EN)

