

# Kursplan September – Dezember 2017



	MONTAG		DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
07:15				<b>Reformer I</b> (Anke)				
08:45			<b>Pilates Happy Back Mat I – III</b> (Denitsa)		<b>09:00h Reformer II English</b> (Anke)		<b>Bodytoning I - III</b> (Olga)	
10:00	<b>Postnatal Reformer</b> (Anke)				<b>Prenatal Reformer</b> (Anke) ab 19.10.			<b>Mat I &amp; II</b>  (Anke/Denitsa)
11:15								<b>Reformer specials</b> (Anke & guests)**
17:15	<b>17:00h Fantasie Pilates Kids</b> (Denitsa) ab 16.10.		<b>Prenatal Pilates</b> (Anke)		<b>17:30h Reformer basics</b> (Anke)	<b>18:00h Mat Functional I - III</b> (Olga)		
18:30	<b>Mat Small Props I &amp; II</b>  (Denitsa)		<b>Reformer II</b> (Anke)	<b>Postnatal Pilates</b> (Anke)	<b>Reformer II</b> (Anke)			
20:00	<b>Mat II</b> (Denitsa)	<b>Reformer I</b> (Olga)	<b>Mat II &amp; III English</b> (Anke)	<b>TRX® Functional</b> (Olga)	<b>Reformer</b> (in Planung)			

**Matte & TRX & Bodytoning**   **Pre-/Postnatal & Intensivkurse**   **Reformer** \*\* 1x Monat (01.10./29.10./12.11./10.12.)