

# Kursplan Januar – März 2018



|       | MONTAG   | DIENSTAG   | MITTWOCH  | DONNERSTAG  |   | FREITAG                            | SAMSTAG                                 | SONNTAG                         |
|-------|--|--|---|---|---|------------------------------------|---|---------------------------------|
|       | Kursraum   | Kursraum   | Kursraum  | Kursraum  | Studio 2  | Kursraum                           | Kursraum                                | Kursraum                        |
| 07:15 |  |  |   |   |   |                                    |   |                                 |
| 08:45 |  | <b>Mat Happy Back I – III</b><br>(Denitsa)                 |   | <b>09:00h Reformer II</b><br>(Anke)<br><i>English</i>                                 |   |                                    | <b>Bodytoning I - III</b><br>(Olga)     |                                 |
| 10:00 |  | <b>Postnatal Reformer</b><br>(Anke)<br><i>6x ab 23.01.</i> |   | <b>Prenatal Reformer</b><br>(Anke)  |   |                                    | <b>Mat basics</b><br>(Joanna) *         | <b>Mat II</b><br>(Anke/Denitsa) |
| 11:15 |  |  |   |   |   |                                    | <b>Reformer basics</b> (Anke/Denitsa)** | <b>TRX® Pilates</b><br>(Anke)   |
|       |  |  |   |   |   |                                    |   |                                 |
| 17:15 |  | <b>Prenatal Pilates Mat</b><br>(Anke)                      |   | <b>Reformer I</b><br>(Denitsa)  |   |                                    |   |                                 |
| 18:30 | <b>Mat Small Equipment I &amp; II</b><br>(Denitsa) | <b>Reformer II</b><br>(Anke)                               | <b>Postnatal Pilates Mat</b><br>(Anke)<br><i>8x ab 10.01.</i> | <b>Reformer III</b><br>(Anke)   | <b>Prenatal Pilates Mat</b><br>(Denitsa)                                  | <b>Mat basics</b><br>(Olga/Joanna) |   |                                 |
| 20:00 | <b>Reformer I</b><br>(Olga)                        | <b>Mat III</b><br>(Anke)<br><i>English</i>                 | <b>TRX® Functional</b><br>(Olga)                              | <b>Reformer specials I - III</b><br><i>25.01 CORE<br/>22.02. ARMS<br/>22.03. LEGS</i> | <b>Mindful Hatha Yoga</b><br>(Lily)<br><i>English<br/>18.01. – 22.02.</i> |                                    |   |                                 |

**INTENSIVKURSE (fixe Termine 20.1. – 10.2.):** \* Ticket 4x Basics Matte 49 € \*\* Ticket 4x Basics Reformer 89 € =2 Std. Workshops GET THE BASICS