

Uhrzeit	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
08:00					08:15 Pilates		
08:30					Marina		
09:00							
09:30	Yoga 75 Minuten	Pump Express	Pilates	Pilates	Pilates	Pilates	LesMills BODYBALANCE
10:00		Anja	Anja	Anja	Sabiha	Anja	Tatjana
10:30	Maria	LesMills BODYBALANCE		10:45 LesMills BODYBALANCE			
11:00	Yoga	Anja		Judith			
11:30	Corinna						
16:00							
16:30			16:45 LesMills Pilates				
17:00	LesMills Pilates		Judith	Betriebssport Eppendorf	Pump Express		
17:30	Sharon	17:45 Yoga 75 Minuten	17:45 LesMills BODYBALANCE	Anja	Anja		
18:00	Pilates		Anja	Pilates	LesMills BODYBALANCE		Männer Yoga
18:30	Anja	Maria	18:45 Yoga 75 Minuten	Anja	Anja		Anja
19:00	Pilates	Pilates		LesMills BODYBALANCE			
19:30	Anja	Sabiha	Maria	Anja			
20:00	LesMills SHAPES 45 Minuten	LesMills BODYBALANCE	20:15 Pilates	Yoga 75 Minuten			
20:30	Tatjana	Tatjana	Sabiha	Maria			

Anmeldung unter:

info@pilates-yoga-loft.de

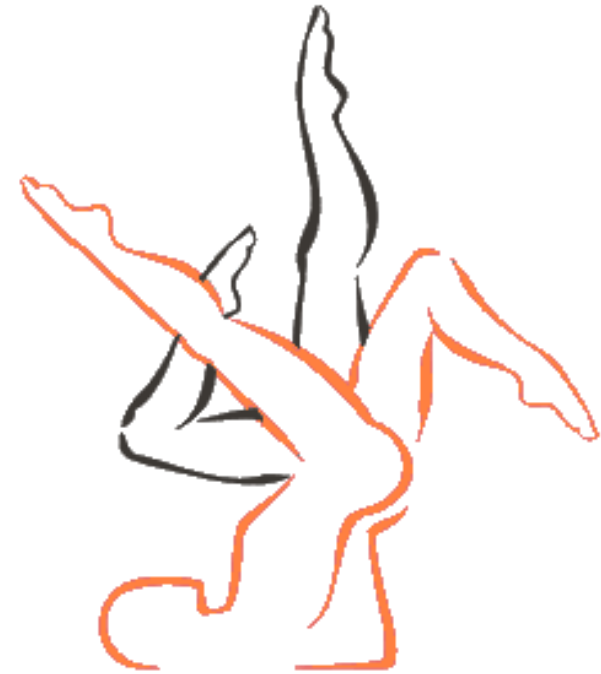
oder

0171-1239784

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<https://pilates-yoga-loft.de/>

Stundenplan gültig ab Januar 2025



PILATES
YOGA
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