

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<b>8:30 Reformer all levels</b>	<b>7:00 Reformer all levels</b>		<b>8:00 Reformer Tower all levels</b>	<b>8:00 Morning Reformer all levels</b>	<b>8:30 Reformer &amp; Tower</b>	<b>8:00 Reformer all levels</b>
<b>09:30 Reformer level 1-2</b>	<b>8:00 Reformer all levels</b>	<b>9:30 Reformer all levels</b>	<b>9:00 Reformer all levels</b>	<b>9:00 Reformer Tower all levels</b>	<b>9:30 Reformer all Level</b>	<b>9:00 Reformer all levels</b>
	<b>9:00 Reformer Flow Sculpt full body flow all levels</b>	<b>10:30 Reformer Glutes-legs-core NEW</b>	<b>10:30 &amp; 11:30 Postnatal Reformer Mama Babies</b>	<b>10:00 Reformer all levels</b>	<b>10:30 Reformer Workout &amp; 11:30 HIIT Reformer level 2</b>	
	<b>1</b>				<b>13:00 Reformer Level 1</b>	
<b>17h Reformer flow Sculpt full body all levels</b>	<b>17h Tower &amp; Reformer all levels</b>	<b>17:00 Reformer Flow Sculpt full body-level 2</b>	<b>17:00 Reformer Pränatal</b>	<b>17:00 Reformer Workout</b>		<b>17:00 Reformer Tone &amp; stretch (Ab 1.07 bis 15.09 findet nicht statt)</b>
<b>18:00 Reformer all levels</b>	<b>18:00 Reformer all levels</b>	<b>18:00 Reformer all levels</b>	<b>18:00 Reformer all levels</b>	<b>18:00 Athletic Reformer 2-3</b>		
<b>19:00 Reformer Peak Control level 3 &amp; 20:00 Reformer Core</b>	<b>19:00 Reformer All levels &amp; 20:00 HIIT Reformer level2 NEW</b>	<b>19: Reformer Legs/core/Glutes &amp; 20:00 Reformer all level</b>	<b>19:00 -Reformer Workout all levels NEW &amp; 20:00 Reformer all levels-Glutes/Inner thighs/arms</b>			



