

# Studio



# Pilates

## Kursplan (Stand: Mai & Juni 2026)

| Montag                          | Dienstag                       | Mittwoch                        | Donnerstag                     | Freitag                         | Samstag                           |
|---------------------------------|--------------------------------|---------------------------------|--------------------------------|---------------------------------|-----------------------------------|
| 9:15h Romina<br>Reformer 1      | 8:30h Romina<br>Pilates 1      | 9h Chris<br>Reformer 1          | 9h Rebecca<br>Reformer 1       | 9h Chris<br>Reformer Basis      | 9h Rebecca<br>Reformer 1          |
| 10:15h Sabrina<br>Springs 1     | 9:45h Romina<br>Reformer 1/2   | 10:15h Chris<br>Pilates 1       | 10h Alma<br>Pilates 1/2        | 10:15h Chris<br>Reformer 2      | 10:15h Rebecca<br>Pilates 1       |
| 10:30h Romina<br>Pilates 1/2    | 10h Isabel<br>Pilates 2        | 10:45h Alma<br>Springs 1        | 10:15h Jenny<br>Reformer 1     | 11:30h Chris<br>Pilates 1       | 11:15h Jenny<br>Reformer 1/2      |
|                                 | 11:15h Isabel<br>Pilates Gold  | 12h Isabel<br>KK-Reformer 1     | 11:15h Alma<br>Springs Gold    |                                 | 11:30h Rebecca<br>Basiskurs Matte |
|                                 |                                |                                 |                                | 12:45h Chris<br>Reformer Basis  |                                   |
|                                 |                                | 16h Carolin<br>Pilates 1        |                                | 14:15h Isabel<br>KK-Reformer 2  |                                   |
| 17:15h Eduard<br>Reformer Basis |                                | 16:30h Rebecca<br>Reformer 1/2  | 16:45h Christiane<br>Pilates 1 | 15:30h Tanja<br>Faszien Pilates |                                   |
| 17:15h Isabel<br>Pilates 1      | 16:45h Alma<br>Pilates 1       | 16:45h Caro<br>Pilates 2        | 17:15h Isabel<br>KK-Reformer 2 | 15:30h Isabel<br>KK-Reformer    |                                   |
| 17:45h Jon<br>Pilates 1         | 17:15h Isabel<br>Einsteiger/P1 | 17:15h Carolin<br>Einsteiger    | 17:45h Romina<br>Einsteiger/P1 | 16:45h Jon<br>Reformer 2        |                                   |
| 18:30h Eduard<br>Reformer 1/2   | 18h Jon<br>Pilates 2           | 18h Caro<br>Springs 2           | 18:30h Isabel<br>Pilates 1     | 16:45h Isabel<br>Pilates 1      |                                   |
| 18:30h Isabel<br>Pilates 1/2    | 18:30h Isabel<br>Pilates 1     | 18:30h Carolin<br>Pilates 1     | 19h Christiane<br>Reformer 1   | 18h Isabel<br>Pilates 2         |                                   |
| 19h Jon<br>Springs 2            | 19:10h Jon<br>Pilates 3        | 18:30h Eduard<br>Reformer Basis | 19h Jon<br>Springs 1           | 18:15h Jon<br>Pilates 1/2       |                                   |
| 19:45h Isabel<br>KK-Reformer 2  | 19:15h Alma<br>Reformer 1      | 19:10h Tanja<br>Pilates 1/2     | 19:45h Isabel<br>Pilates 2     |                                 |                                   |
| 20:15h Jon<br>Pilates 1         | 19:45h Isabel<br>Springs 2     | 19:45h Eduard<br>Reformer 1     |                                |                                 |                                   |

## Preise

| Angebot                          | Matte | Springs | Reformer | Duo Training | Personal Training |
|----------------------------------|-------|---------|----------|--------------|-------------------|
| Probestunde                      | 12 €  | 15 €    | 20 €     | 20 € p.P.    | 40 €              |
| Einzelstunde                     | 17 €  | 21 €    | 26 €     | 35 € p.P.    | 70 €              |
| 5er Karte<br>(4 Monate gültig)   | 80 €  | 100 €   | 120 €    | 165 € p.P.   | 330 €             |
| 10er Karte<br>(8 Monate gültig)  | 155 € | 195 €   | 235 €    | 320 € p.P.   | 640 €             |
| 20er Karte<br>(12 Monate gültig) | 295 € | 370 €   | 450 €    | 620 € p.P.   | 1.240 €           |

Die Beschreibung KK vor Reformer bedeutet: buchbar als Präventionskurs  
 Die Farbkodierung grau bedeutet: buchbar als Präventionskurs  
 Zur Buchung von Präventionskursen bitte das Büro kontaktieren