

Studio



Pilates

Kursplan

(Stand: April 2025)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9:15h Romina Reformer 1	9h Romina Pilates 1	9h Chris Reformer 1	9h Verena KK-Reformer 1	9h Ferdinand KK-Reformer Basis	9h Rebecca Reformer 1
10:15h Sabrina Springs 1	10h Isabel Pilates 2		10h Alma Pilates 1/2	10:15h Ferdinand KK-Reformer 2	
10:30h Romina Pilates 1/2	10:15h Romina Reformer 1	10:15h Chris Pilates 1	10:15h Jenny Reformer 1	11:30h Ferdinand Pilates 1	10:15h Rebecca Pilates 1
	11:15h Isabel Pilates Gold	10:45h Alma Reformer Gold	10:15h Verena Einsteiger Matte	12:45h Ferdinand KK-Reformer Basis	11:15h Jenny Reformer 1
		12h Verena KK-Reformer 1	11:15h Alma Springs Gold	14:15h Isabel KK-Reformer 2	11:30h Rebecca Basiskurs Matte
	16:45h Alma Pilates 1	16h Ferdinand Pilates 1	16:45h Christiane Pilates 1	15:30h Tanja Faszien Pilates	
17:15h Isabel Pilates 1	17:15h Isabel Einsteiger/P1	16:30h Rebecca Reformer 2	17:15h Isabel KK-Reformer 2	15:30h Isabel KK-Reformer	
17:45h Jon Pilates 1	18h Erika Reformer 1 (Englisch)	16:45h Caroline Pilates 2	17:45h Romina Einsteiger/P1	16:45h Jon Reformer 2	
18:30h Eduard Reformer 1	18h Jon Pilates 2	17:15h Ferdinand Einsteiger/P1	18:30h Isabel Pilates 1	16:45h Isabel Pilates 1	
18:30h Isabel Pilates 1/2	18:30h Isabel Pilates 1	18:00h Caroline Springs 2	19h Christiane Reformer 1	17h Bea Einsteiger Matte	
19h Jon Springs 2	19:10h Jon Pilates 3	18:30h Ferdinand Pilates 1	18:45h Jon Springs 1	18h Isabel Pilates 2	
19:45h Isabel KK-Reformer 2	19:15h Alma Reformer 1	19:10h Tanja Pilates 1/2	19:45h Isabel Pilates 2	18h Jon Reformer 1	
20:15h Jon Pilates 1	19:45h Isabel Springs 2	19:45h Ferdinand KK-Reformer 1		18:15h Bea Pilates 1/2	

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 (4 Monate gültig)	80 €	100 €	120 €	165 € p.P.	330 €
10er Karte (8 Monate gültig)	155 €	195 €	235 €	320 € p.P.	640 €
20er Karte (12 Monate gültig)	295 €	370 €	450 €	620 € p.P.	1.240 €

Kombi-Karten für Matten-, Springs- und Reformerkurse auch erhältlich