

Studio



Pilates

Kursplan

(Stand: Oktober 2024)

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

Preise

Angebot	Matte	Springs	Reformer	Duo Training	Personal Training
Probestunde	12 €	15 €	20 €	20 € p.P.	40 €
Einzelstunde	16 €	20 €	25 €	35 € p.P.	65 €
5er Karte (4 Monate gültig)	75 €	95 €	115 €	160 € p.P.	310 €
10er Karte (8 Monate gültig)	145 €	185 €	225 €	310 € p.P.	600 €
20er Karte (12 Monate gültig)	275 €	350 €	425 €	600 € p.P.	1.150 €

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