

Studio Pilates

Kursplan (Stand: März 2020)

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|----------------------------|---------------------------|----------------------------|---------------------------|------------------------------|---------------------------|
| | 8:45h Caroline Reformer | 9:00h Ferdinand Einsteiger | 8:45h Tanja Pilates 1 | 9:00h Ferdinand Pilates 1 | |
| 10:00h Katja Springs | 10:00h Isabel Pilates 2 | | 10:00h Tanja Pilates 1 | 10:00h Tanja Pilates 2 | 10:00h Caroline Pilates 2 |
| | 10h Caroline Pilates 1 | 10:15h Ferdinand Pilates 1 | 10:00h Irene Pilates 2 | 10:15h Ferdinand Einsteiger | |
| 11:15h Isabel Pilates Gold | | | 11:15h Irene Pilates Gold | 11:30h Ferdinand Pilates 1 | 11:15h Caroline Pilates 1 |
| | | | | | 11:30h Jenny Pilates 1 |
| | | | | 15:15h Isabel Pilates 1 | 12:45h Jenny Einsteiger |
| | | | 16:30h Isabel Pilates 1 | 15:30h Tanja Springs | |
| | | | 17:30h Jenny Reformer | 16:30h Isabel Einsteiger | |
| 17:15h Isabel Einsteiger | 16:45h Caroline Pilates 1 | 16:45h Caroline Pilates 1 | 17:30h Jon Pilates 1 | 16:45h Tanja Faszien Pilates | |
| 17:45h Jon Pilates 1 | 17:45h Isabel Einsteiger | 17:45h Jon Pilates 1 | 17:45h Isabel Pilates 3 | 16:45h Jon Reformer | |
| 18:30h Isabel Pilates 1 | 18:00h Caroline Pilates 2 | 18:00h Caroline Springs | 18:45h Jenny Reformer | 18:00h Isabel Pilates 1 | |
| 18:45h Eduard Reformer | | 19:00h Jon Einsteiger | 18:45h Jon Springs | 18:00h Tanja Reformer | |
| 19:00h Jon Springs | 19:00h Isabel Pilates 1 | 19:15h Tanja Pilates 1 | 19:00h Isabel Pilates 1 | 18:15h Jon Pilates 1 | |
| 19:45h Isabel Einsteiger | 19:10h Caroline Pilates 3 | | 20h Jenny Einsteiger | | |
| 20:15h Jon Pilates 1 | 20:15h Jon/Isa Springs | 20:15h Jon Pilates 1/2 | 20:15h Isabel Pilates 2 | | |

| Angebot | Matte | Springs | Reformer | Duo Training | Personal Training |
|------------------------------|----------|----------|----------|--------------------------|-------------------|
| Probestunde | 12,00 € | 15,00 € | 20,00 € | 40,00 € / 20,00 € p.P. | 40,00 € |
| Einzelstunde | 16,00 € | 20,00 € | 25,00 € | 60,00 € / 30,00 € p.P. | 60,00 € |
| 5er Karte (2 Monate gültig) | 75,00 € | 95,00 € | 115,00 € | 280,00 € / 140,00 € p.P. | 280,00 € |
| 10er Karte (4 Monate gültig) | 140,00 € | 180,00 € | 225,00 € | 540,00 € / 270,00 € p.P. | 540,00 € |
| 20er Karte (6 Monate gültig) | 250,00 € | 320,00 € | 400,00 € | 1.000 € / 500,00 € p.P. | 1.000,00 € |

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