

Herbstsemester

17.08.2026 - 13.11.2026



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MON

TUE

WED

THU

FRI

09:30 - 10:30
Pilates Rücken
Sabina

16:45 - 17:45
Pilates Classic
Sanny

18:00 - 19:00
Bootcamp
Sabina

16:45 - 17:45
Beachbody Workout
Ulli

18:00 - 19:00
Full Body Mix
Sabina

19:15 - 20:15
Pilates & Kraft
Sabina

17:30 - 18:30
Pilates Yoga
Ulli

18:45 - 19:45
Fit & Strong
Ulli

08:45 - 09:45
Pilates USA
Sabina

10:00 - 11:00
Pilates Workout
Sabina

16:45 - 17:45
Pilates USA
Sabina

18:00 - 19:00
Cross Workout
Sabina

19:15 - 20:15
Pilates Beachbody
Chrissi