



LOFT
PILATES – YOGA & MORE

Kursplan Wintersemester

17.11.2025 - 20.02.2026

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	09:30 - 10:30 Pilates Rücken Sabina	08:30 - 09:30 Wake Up Yoga Chrissi		08:45 - 09:45 Pilates USA Sabina	
				10:00 - 11:00 Pilates Workout Sabina	
16:45 - 17:45 Pilates USA Sabina	16:45 - 17:45 Pilates Classic Sanny	16:45 - 17:45 Beachbody Workout Ulli			
18:00 - 19:00 Cross Workout Sabina	18:00 - 19:00 Bootcamp Sabina	18:00 - 19:00 Full Body Mix Sabina	17:30 - 18:30 Pilates - Yoga Ulli		
19:15 - 20:15 Pilates Beachbody Chrissi		19:15 - 20:15 Pilates Workout Chrissi	18:45 - 19:45 Fit & Strong Ulli		

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