

# Frühlingssemester

23.02.2026 - 23.05.2026



PILATES – YOGA & MORE

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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 Workout  
Chrissi

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

17:30 - 18:30  
Pilates Yoga  
Ulli

18:45 - 19:45  
Fit & Strong  
Ulli