

Oktober 2026

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				1	2	3
lila= Feiertag blau = Vertretung grün = NEU! braun = Ferien				17:30 Matte Pilates 18:30 Männer Training <i>20:15 Zugfiballet</i>	15:30 Contemporary Tanz Teens	"Frei" Samstag
4	5	6	7	8	9	10
orange = Zeitumstellung pink = Ortumstellung	9:00 Reformer 10:00 Reformer 12:15 Reformer 16:30 Fascia Training <i>18:00 Zugfiballet</i>	9:00 Reformer 10:00 FitTanz 17:30 Yoga 18:45 Matte Pilates	9:30 Yoga 10:30 Matte Pilates 12:15 Reformer 17:15 Matte Pilates 18:15 Contemporary Tanz Teens 19:30 Contemporary Tanz (18+ Jahre)	17:30 Matte Pilates 18:30 Männer Training <i>20:15 Zugfiballet</i>	15:30 Contemporary Tanz Teens	11:00-12:15 Reformer
11	12	13	14	15	16	17
	9:00 Reformer 10:00 Reformer 12:15 Reformer 16:30 Fascia Training <i>18:00 Zugfiballet</i>	9:00 Reformer 10:00 FitTanz 17:30 Yoga 18:45 Matte Pilates	9:30 Yoga 10:30 Matte Pilates 12:15 Reformer 17:15 Matte Pilates 18:15 Contemporary Tanz Teens 19:30 Contemporary Tanz (18+ Jahre)	17:30 Matte Pilates 18:30 Männer Training <i>20:15 Zugfiballet</i>	15:30 Contemporary Tanz Teens	11:00-12:15 Reformer
18	19	20	21	22	23	24
	9:00 Reformer 10:00 Reformer 12:15 Reformer 16:30 Fascia Training <i>18:00 Zugfiballet</i>	9:00 Reformer 10:00 FitTanz 17:30 Yoga 18:45 Matte Pilates	9:30 Yoga 10:30 Matte Pilates 12:15 Reformer 17:15 Matte Pilates 18:15 Contemporary Tanz Teens 19:30 Contemporary Tanz (18+ Jahre)	17:30 Matte Pilates 18:30 Männer Training <i>20:15 Zugfiballet</i>	15:30 Contemporary Tanz Teens	11:00-12:15 Reformer
25	26	27	28	29	30	31
	Ferien	Ferien	Ferien	Ferien	Ferien	Ferien

