

# Februar 2025

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
						1 11:00 Reformer Pilates
lila= Feiertag braun = Ferien grün = NEU!	blau = Vertretung orange = Zeitumstellung pink = Ortumstellung * = in Freiburg					
2	3 12:15 Reformer Pilates 13:20 Reformer Pilates 17:45 Männer Training	4 17:30 Yoga 18:45 Matte Pilates	5 9:00 Circuit Pilates 10:30 Matte Pilates 12:15 Reformer Pilates 13:20 Reformer Pilates	6 13:00 Pilates (PHYSIOhoch2, Heitersheim) 17:45 PilatesGroovin'	7 *15:30 Contemporary Jazz für Teens *16:30 Pilates	8 11:00 Reformer Pilates
9	10 12:15 Reformer Pilates 13:20 Reformer Pilates 17:45 Männer Training	11 17:30 Yoga 18:45 Matte Pilates	12 9:00 Circuit Pilates 10:30 Matte Pilates 12:15 Reformer Pilates 13:20 Reformer Pilates	13 13:00 Pilates (PHYSIOhoch2, Heitersheim) 17:45 PilatesGroovin'	14 *15:30 Contemporary Jazz für Teens *16:30 Pilates	15 11:00 Reformer Pilates
16	17 12:15 Reformer Pilates 13:20 Reformer Pilates 17:45 Männer Training	18 17:30 Yoga 18:45 Matte Pilates	19 9:00 Circuit Pilates 10:30 Matte Pilates 12:15 Reformer Pilates 13:20 Reformer Pilates	20 13:00 Pilates (PHYSIOhoch2, Heitersheim) 17:45 PilatesGroovin'	21 *15:30 Contemporary Jazz für Teens *16:30 Pilates	22 11:00 Reformer Pilates
23	24 12:15 Reformer Pilates 13:20 Reformer Pilates 17:45 Männer Training *(Alte Schreinerei Laufen)	25 17:30 Yoga 18:45 Matte Pilates *(Alte Schreinerei Laufen, beide Stunden)	26 9:00 Circuit Pilates 10:30 Matte Pilates (Dance Generation, Staufen) 12:15 Reformer Pilates 13:20 Reformer Pilates	27 13:00 Pilates (PHYSIOhoch2, Heitersheim) 17:45 PilatesGroovin' *(Alte Schreinerei Laufen)	28 *15:30 Contemporary Jazz für Teens *16:30 Pilates	