

September 2026

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	31 (August)	1	2	3	4	5
	7:45 Reformer 9:00 Reformer 10:00 Reformer 12:15 Reformer 16:30 Faszientraining	9:00 Reformer 17:30 Yoga 18:45 Matte Pilates	9:30 Yoga 10:30 Matte Pilates 12:15 Reformer	17:30 Matte Pilates 18:30 Männer Training	Ferien	Frei Samstag
6	7	8	9	10	11	12
	7:45 Reformer 9:00 Reformer 10:00 Reformer 12:15 Reformer 16:30 Faszientraining	9:00 Reformer 10:00 FitDance 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 (Nachholst.) 19:30 Contemporary Tanz (18+ Jahre)	15:30 Contemp Tanz Teens Nachholst. 17:30 Matte Pilates 18:30 Männer Training	Ferien	11:00-12:15 Reformer
13	14	15	16	17	18	19
	7:45 Reformer 9:00 Reformer 10:00 Reformer 12:15 Reformer 16:30 Faszientraining	9:00 Reformer 10:00 FitDance 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	15:30 Contemporary Tanz Teens	11:00-12:15 Reformer
20	21	22	23	24	25	26
	7:45 Reformer 9:00 Reformer 10:00 Reformer 12:15 Reformer 16:30 Faszientraining	9:00 Reformer 10:00 FitDance 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	15:30 Contemporary Tanz Teens	11:00-12:15 Reformer
27	28	29	30			
	7:45 Reformer 9:00 Reformer 10:00 Reformer 12:15 Reformer 16:30 Faszientraining	9:00 Reformer 10:00 FitDance 17:30 Yoga 18:45 Matte Pilates	9:30 Yoga 10:30 Matte Pilates 12:15 Reformer 17:15 Matte 18:15 Contemporary Tanz Teens 19:30 Contemporary Tanz (18+ Jahre)		grün = neu Kurs (Bitte prüfen Sie vorab, ob dieser Kurs tatsächlich stattfindet).	