



Schedule Autumn 2011



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	9:00 - 10:00 Pilates I 30.8. - 13.12.		9:30 - 10:30 Pilates I 22.9. - 15.12.			
					11:00 - 12:00 Pilates for men I 1.10. - 17.12.	
					15:45 - 16:45 Yogalates 24.9. - 10.12.	
					17:00 - 18:00 Pilates for men II 10.9. - 10.12.	
	18:00 - 19:00 Pilates I 20.9. - 13.12.		18:45 - 19:45 Back exercises 1.9. - 15.12.			
18:45 - 19:45 Pilates I 29.8. - 12.12.	19:15 - 20:15 Pilates I 20.9. - 13.12.					
20:00 - 21:00 Pilates II 29.8. - 12.12.		20:00 - 21:00 Pilates II 7.9. - 14.12.	20:00 - 21:00 Pilates I 1.9. - 15.12.			



Schedule Autumn 2011



Monday

Failure Date: 3.10. (German Day of Unity)

18:45 - 19:45 Pilates I

29. August to 12. December 2011, 15 lessons
180,- Euro

20:00 - 21:00 Pilates II

29. August to 12. December 2011, 15 lessons
180,- Euro

Tuesday

9:00 - 10:00 Pilates I

30. August to 13. December 2011, 16 lessons
192,- Euro

18:00 - 19:00 Pilates I

20. September to 13. December 2011, 13 lessons
156,- Euro

19:15 - 20:15 Pilates I

20. September to 13. December 2011, 13 lessons
156,- Euro

Wednesday

20:00 - 21:00 Pilates II

7. September to 14. December 2011, 15 lessons
180,- Euro

Thursday

9:30 - 10:30 Pilates I

22. September to 15. December 2011, 13 lessons
156,- Euro

18:45 - 19:45 Back exercises

1. September to 15. December 2011, 16 lessons
192,- Euro

20:00 - 21:00 Pilates I

1. September to 15. December 2011, 16 lessons
192,- Euro

Saturday

11:00 - 12:00 Pilates for men I

1. Oktober to 17. December 2011, 12 lessons
144,- Euro

15:45 - 16:45 Yogalates

24. September to 10. December 2011, 12 lessons
144,- Euro

17:00 - 18:00 Pilates for men II

10. September to 10. December 2011, 13 lessons
Failure date: 8.10.11
156,- Euro