

# !!! Inzidenz unter 100: Unterricht im Studio !!!

pilolates.com

| Monday   | Tuesday  | Wednesday                                      | Thursday   | Friday   |
|--|--|--|--|--|
|  | 10. <sup>oo</sup><br><br>Pilates Flow<br>(auch für<br>Einsteiger!) | 10. <sup>oo</sup><br><br>Pilates All<br>Levels | 10. <sup>oo</sup><br><br>Pilates<br>Restorative          | 10. <sup>oo</sup><br><br>Pilates All<br>Levels |
|  |  | 17. <sup>oo</sup><br><br>Pilates<br>All Levels |  |  |
| 18. <sup>oo</sup><br><br>Pilates<br>All Levels |  | 18. <sup>oo</sup><br><br>Pilates<br>All Levels | 18. <sup>oo</sup><br><br>Pilates<br>Skillz<br>~advanced~ |  |
| 19. <sup>oo</sup><br><br>Pilates<br>All Levels | 19. <sup>oo</sup><br><br>Pilates<br>Flow<br>~advanced~             |  | 19. <sup>oo</sup><br><br>Pilates<br>All Levels           |  |
| 20. <sup>oo</sup><br><br>Solo Dance<br>Skillz  |  |  | 20. <sup>oo</sup><br><br>Tanz<br>Improvisation           |  |