

TRAININGSPLAN STUDIO MÜNSTER STADT LUDGERIPLATZ 8 (START AB MAI 2025)

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
				07.00-07.45 Barre	09.00-09.45 Barre	
				08.00-08.45 Reformer Basis		
				16.00-16.45 Reformer Fitness		
17.00-17.45 Barre	17.00-17.45 Reformer Basis	17.00-18.45 Reformer Curvy Girls		17.00-17.45 Barre		
18.00-18.45 Reformer Männer	18.00-18.45 Barre	18.00-18.45 Barre	18.00-18.45 Reformer Athleten			
19.00-19.45 Reformer Basis	19.00-19.45 Reformer Fitness	19.00-19.45 Reformer Basis	19.00-19.45 Barre			
20.00-20.45 Reformer Fitness	20.00-20.45 Reformer Athleten					