

# PILATESmotion-JAHRESKALENDER 2019

	Januar	Februar	März	April	Mai	Juni	Juli	August	September	Oktober	November	Dezember
1	Di Neujahrstag	Fr	Fr	Mo BASIC MEDIUM	Mi Tag der Arbeit	Sa	Mo BASIC MEDIUM	Do	So	Di	Fr Allerheiligen	So
2	Mi	Sa PILATES FÜR ALLE	Sa	Di BASIC MEDIUM/POWER	Do SOFT FASZIENPILATES	So	Di BASIC MEDIUM/POWER	Fr	Mo BASIC MEDIUM	Mi	Sa	Mo BASIC MEDIUM
3	Do	So	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Di BASIC MEDIUM/POWER	Do Tag der Dt. Einheit	So	Di BASIC MEDIUM/POWER
4	Fr	Mo BASIC MEDIUM	Mo Rosenmontag	Do SOFT FASZIENPILATES	Sa	Di BASIC MEDIUM/POWER	Do SOFT FASZIENPILATES	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM
5	Sa	Di BASIC MEDIUM/POWER	Di Faschingsdienstag	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo	Do SOFT FASZIENPILATES	Sa	Di BASIC MEDIUM/POWER	Do SOFT FASZIENPILATES
6	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa	Di	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr
7	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Do SOFT FASZIENPILATES	So	Di BASIC MEDIUM/POWER	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo	Do SOFT FASZIENPILATES	Sa
8	Di BASIC	Fr	Fr	Mo BASIC MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	So	Di	Fr	So
9	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Sa PILATES FÜR ALLE	Di BASIC MEDIUM/POWER	Do SOFT FASZIENPILATES	So	Di BASIC MEDIUM/POWER	Fr	Mo BASIC MEDIUM	Mi	Sa	Mo BASIC MEDIUM
10	Do SOFT FASZIENPILATES	So	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo Pfingstmontag	Mi	Sa	Di BASIC MEDIUM/POWER	Do	So	Di BASIC MEDIUM/POWER
11	Fr	Mo BASIC MEDIUM	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa	Di BASIC MEDIUM/POWER	Do	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM
12	Sa PILATES FÜR ALLE	Di BASIC	Di BASIC	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa	Di BASIC MEDIUM/POWER	Do SOFT FASZIENPILATES
13	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa	Di BASIC MEDIUM/POWER	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr
14	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Do SOFT FASZIENPILATES	So	Di BASIC MEDIUM/POWER	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa
15	Di BASIC MEDIUM/POWER	Fr	Fr	Mo BASIC MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo	Do Mariä Himmelfahrt	So	Di BASIC MEDIUM/POWER	Fr	So
16	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Sa	Di BASIC MEDIUM/POWER	Do SOFT FASZIENPILATES	So	Di	Fr	Mo BASIC MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo
17	Do SOFT FASZIENPILATES	So	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Mi	Sa	Di BASIC MEDIUM/POWER	Do SOFT FASZIENPILATES	So	Di
18	Fr	Mo BASIC MEDIUM	Mo BASIC MEDIUM	Do	Sa	Di BASIC MEDIUM/POWER	Do	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Mi
19	Sa	Di BASIC MEDIUM/POWER	Di BASIC MEDIUM/POWER	Fr Karfreitag	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa	Di BASIC MEDIUM/POWER	Do
20	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo BASIC MEDIUM	Do Fronleichnam	Sa	Di BASIC MEDIUM/POWER	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr
21	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Do SOFT FASZIENPILATES	So	Di BASIC MEDIUM/POWER	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa
22	Di BASIC	Fr	Fr	Mo Ostermontag	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo	Do SOFT FASZIENPILATES	So	Di BASIC MEDIUM/POWER	Fr	So
23	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Sa	Di	Do SOFT FASZIENPILATES	So	Di	Fr	Mo BASIC MEDIUM	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo
24	Do SOFT FASZIENPILATES	So	So	Mi	Fr	Mo BASIC MEDIUM	Mi	Sa	Di BASIC MEDIUM/POWER	Do SOFT FASZIENPILATES	So	Di
25	Fr	Mo	Mo BASIC MEDIUM	Do	Sa	Di BASIC MEDIUM/POWER	Do	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Mi 1. Weihnachtstag
26	Sa	Di	Di BASIC	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa	Di BASIC MEDIUM/POWER	Do 2. Weihnachtstag
27	So	Mi	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa	Di BASIC MEDIUM/POWER	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Fr
28	Mo BASIC MEDIUM	Do	Do SOFT FASZIENPILATES	So	Di BASIC MEDIUM/POWER	Fr	So	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo BASIC MEDIUM	Do SOFT FASZIENPILATES	Sa
29	Di BASIC		Fr	Mo	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo	Do SOFT FASZIENPILATES	So	Di BASIC MEDIUM/POWER	Fr	So
30	Mi BASIC/MEDIUM BASIC • MEDIUM		Sa	Di	Do Christi Himmelfahrt	So	Di	Fr	Mo	Mi BASIC/MEDIUM BASIC • MEDIUM	Sa	Mo
31	Do SOFT FASZIENPILATES		So		Fr		Mi	Sa		Do SOFT FASZIENPILATES		Di

Kurswochen

kursfreie Zeiten

gesetzliche Feiertage

KURSEINSTIEG: jederzeit möglich • Änderungen vorbehalten • aktualisiert am 04.12.2018

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