



Jennifer Handy  
 pilates & beyond  
 Kleiststraße 8  
 42553 Velbert  
 T: 02053 / 425 04 71  
 M: 0170 / 242 99 34

	Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
	Raum Joseph	Raum Clara	Raum Joseph	Raum Clara	Raum Joseph	Raum Clara	Raum Joseph	Raum Clara	Raum Joseph	Raum Clara
Am Morgen										
Am Abend	Personal Training	Personal Training	16.45-17.45 Pilates Allegro	Personal Training	17.00-18.00 Pilates Allegro	Personal Training	Personal Training	Personal Training	17.00-18.00 Pilates Mix*	16.00-16.45 Pilates Kids
			17.45-18.45 Pilates Allegro		18.00-19.00 Pilates Allegro				18.00-19.00 Pilates Chair	
			18.45-19.45 Pilates Allegro	Personal Training	Personal Training		19.00-20.00 Pilates Allegro	19.00-20.00 Pilates Chair		
							20.00-21.00 Vinyasa Yoga			

Pilates Allegro: Training auf den Allegro Reformer  
 Pilates Chair : Training auf den Allegro Chair  
 Pilates Mix: Best of Pilates Training (Matte/ Chair / Allegro)  
 Pilates Kids: Pilates Training für Kinder zwischen 4 und 6 Jahren