



# STUDIO.12

KURSPLAN  
AB 01. NOVEMBER 2022

BUCHUNGEN ONLINE UNTER [STUDIO12-MUNICH.COM](http://STUDIO12-MUNICH.COM)  
DAS STUDIO ÖFFNET JEWEILS 15 MINUTEN VOR STUNDENBEGINN

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
> 7 h		06.30 - 7.30 BARRE-FUSION CATHERINE	7.00 - 8.00 BARRE-FUSION RADKA	7.00 - 8.00 CARDIO & BARRE TANJA	06.30 - 7.30 BOUNCE & BURN CATHERINE		
> 8 h	08.00 - 9.00 BOUNCE & BURN INGRID	8.00 - 09.00 BARRE-FUSION SELINA	8.15 - 9.15 BARRE-FUSION RADKA		8.00 - 9.00 PILATES ANJA		
> 9 h	09.00 - 10.00 BARRE-FUSION ANJA		9.30 - 10.30 BARRE-FUSION RADKA	09.00 - 10.00 BARRE-FUSION ANJA	09.15 - 10.15 BARRE-FUSION TANJA		
	09.15 - 10.15 BARRE-FUSION TANJA	9.30 - 10.30 PILATES ANJA			9.15 - 10.15 BARRE-FUSION SELINA	09.00 - 10.00 BARRE-FUSION TEAM	
> 10 h		10.45 - 11.45 BABY-PILATES ANJA		10.30 - 11.30 BABY-BARRE ANJA		10.15 - 11.15 BARRE-FUSION TEAM	10.15 - 11.15 BARRE-FUSION CATHERINE
> 12 h	12.00 - 13.00 BARRE-FUSION TANJA		13.00 - 14.00 BARRE-YOGA TANJA	12.00 - 13.00 BARRE-FUSION TANJA	12.30 - 13.30 BARRE-FUSION ANJA		11.30 - 12.30 BARRE-FUSION CATHERINE
> 16 h					16.15 - 17.15 BARRE-FUSION ANJA	16.15 - 17.15 BARRE-FUSION ERIKA	
> 18 h	17.30 - 18.30 BARRE-FUSION INGRID	18.00 - 19.00 BARRE-FUSION RADKA	18.00 - 19.00 BARRE-FUSION INGRID	18.15 - 19.15 BARRE-FUSION SELINA			17.30 - 18.30 SPECIAL CLASS TEAM
> 19 h	18.45 - 19.45 PILATES INGRID	19.15 - 20.15 BARRE-FUSION RADKA	19.15 - 20.15 BOUNCE & BURN INGRID	19.00 - 20.00 VINYASA FLOW JÜRGEN			
	19.00 - 20.00 MEN'S FITNESS TEAM		19.15 - 20.15 PILATES SELINA	19.00 - 20.00 MEN'S FITNESS TEAM			
				19.30 - 20.30 BARRE-FUSION SELINA			

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