



TROMBORG pilates- og yoga

Fra uge 35

Mandag	Tirsdag	Onsdag	Torsdag	Fredag	Lørdag	Søndag
07.15-08.15 Pilates reformer Vibeke	07.15-08.15 Pilates reformer Vibeke	08.30-09.30 Pilates matwork Helene		07.15-08.15 Pilates reformer Vibeke		
08.30-09.30 Pilates matwork Jytte	08.30-09.30 Pilates reformer Megan	08.30-09.30 Pilates reformer Bente	08.30-09.30 Pilates reformer Lidia	08.30-09.30 Pilates reformer Vibeke	08.15-09.15 Pilates reformer Sara	
09.40-10.50 Senior pilates Jytte		09.40-10.40 Senior pilates Helene			09.30-10.30 Pilates reformer Sara	10.00-11.15 Yin yoga Anette
		09.45-10.45 Pilates reformer Bente				
15.30-16.30 Pilates reformer Ninna	15.15-16.15 Pilates reformer Bente	15.30-16.30 Pilates reformer Bente	15.30-16.30 Pilates reformer Lidia			
16.40-17.40 Pilates reformer Ninna	16.30-17.30 Pilates reformer Bente	16.40-17.50 Pilates matwork Bente				
	16.40-17.40 Hatha & yin yoga Anette					
17.50-19.00 Hatha og blid yoga Stine	17.50-18.50 Pilates matwork Dorthe	18.00-19.05 Hatha og yin Anette	17.50-18.50 Pilates matwork Susan			
18.00-19.00 Pilates reformer Sara	18.00-19.00 Pilates reformer Mathilde	18.00-19.00 Pilates reformer Vibeke				
19.10-20.10 Pilates reformer Sara	19.00-20.10 Pilates matwork Dorthe	19.10-20.10 Pilates reformer Vibeke	19.00-20.00 Pilates matwork Susan			
19.15-20.25 Blid hatha Stine	19.10-20.10 Pilates reformer Mathilde	19.15-20.25 Yin Yoga Anette				
20.30-21.30 Pilates reformer Mathilde		20.30-21.30 Pilates reformer Megan				

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