



PLANNING 2025 ONLINE CLASSES



		Paris, Berlin	London	New York	Los Angeles	Shanghai
Tuesdays	 Pilates for biking	7.30 pm - 8.30 pm	6.30 pm - 7.30 pm	1.30 pm - 2.30 pm	10.30 am - 11.30 am	1.30 am -2.30 am (wednesday)
Wednesdays	 Pilates for racket-sports	9.00 am - 10.00 am	8.00 am - 9.00 am	3.00 am - 4.00 am	12.00 pm - 1.00 am	3.00 pm -4.00 pm
Wednesdays	 Pilates for swimming	7.30 pm - 8.30 pm	6.30 pm - 7.30 pm	1.30 pm - 2.30 pm	10.30 am - 11.30 pm	1.30 am - 2.30 am (thursday)
Fridays	 Pilates for all athletes (focus: core flow)	6.00 pm - 7.00 pm	5.00 am - 6.00 am	12.00 am - 1.00 pm	9.00 am - 10.00 am	12.00 pm - 1.00 am
Saturdays	 Pilates for running	9.00 am - 10.00 am	8.00 am - 9.00 am	3.00 am - 4.00 am	12.00 pm - 1.00 am	3.00 pm - 4.00 pm

subject to small changes: please register via Email: info@pilates-for-athletes.com