



# GOODTRAINING

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Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00			<b>Pilates</b> Niki	<b>Gyrokinesis</b> Ivan	<b>Pilates</b> Niki	
11:00						<b>Pilates</b> misc. teachers
12:30		<b>Pilates</b> Patrik		<b>Pilates</b> Patrik	<b>Gyrokinesis</b> Mariateresa	
15:00	<b>Gyrokinesis</b> Hideto					
18:00	<b>Pilates</b> Nurya/Fiona		<b>Pilates</b> Rachel	<b>Pilates</b> Niki		
18:30		<b>Gyrokinesis</b> Hideto				
19:30	<b>Pilates</b> Nurya/Fiona		<b>Pilates</b> Rachel	<b>Pilates</b> Rachel		

**Single lessons / treatments (Gyrokinesis, Gyrotonic, Pilates, Shiatsu, Feldenkrais) on appointment.**

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