

# sportraum <sup>bs</sup> pilates · yoga · tanz & mehr

## montag

|                                                                   |           |
|-------------------------------------------------------------------|-----------|
| 8:15-9:05 Uhr<br><b>Pilates-WSG</b> b/m                           | <b>k1</b> |
| 9:15-10:15 Uhr<br><b>Pilates-springboard</b> b/m                  | <b>k2</b> |
| 15:40-16:30 Uhr<br>Rehasport: <b>WSG</b>                          | <b>k1</b> |
| 16:45-17:45 Uhr<br><b>Birkat®</b>                                 | <b>k1</b> |
| 17:00-17:50<br><b>Pilates-Reformer</b> b                          | <b>k4</b> |
| 18:00-19:00<br><b>tanzFit</b>                                     | <b>k1</b> |
| 18:00-19:00 Uhr<br>schwanger&mehr: <b>Yoga</b>                    | <b>k2</b> |
| 18:00-19:00 Uhr<br><b>Aerial-Yoga</b> b                           | <b>k3</b> |
| 19:10-20:10 Uhr<br><b>Yogilates</b> b                             | <b>k1</b> |
| 19:15-20:15 Uhr<br><b>Aerial-Yoga Slow Flow</b><br>im low Hammock | <b>k3</b> |

## dienstag

|                                                                                        |           |
|----------------------------------------------------------------------------------------|-----------|
| 8:05-8:55 Uhr<br><b>Pilates-Barre</b> b                                                | <b>k3</b> |
| 9:00-9:50<br><b>Pilates-Reformer</b> b                                                 | <b>k4</b> |
| 9:10-10:00 Uhr<br><b>Flying Pilates</b><br>im Aerial-Tuch b                            | <b>k3</b> |
| 10:00-11:00 Uhr<br><b>Pilates-springboard</b> b                                        | <b>k2</b> |
| 10:15-11:15 Uhr<br>schwanger&mehr:<br><b>Rückbildungs-</b><br><b>gymnastik II+Kind</b> | <b>k1</b> |
| 11:30-12:30 Uhr<br><b>Kraft&amp;Mobilität</b>                                          | <b>k1</b> |
| 17:00-17:50<br><b>Flying Pilates</b>                                                   | <b>k3</b> |
| 17:45-18:45 Uhr<br><b>Aerial Stretch&amp;Strength</b> b                                | <b>k3</b> |
| 18:00-19:00 Uhr<br><b>Pilates-Flow</b> b/m                                             | <b>k1</b> |
| 18:00-19:00 Uhr<br><b>Vinyasa Yoga</b> m/f                                             | <b>k2</b> |
| 19:10-20:00<br><b>Pilates-Reformer</b> b                                               | <b>k4</b> |
| 19:15-20:15 Uhr<br><b>AROHA®</b>                                                       | <b>k1</b> |

## mittwoch

|                                                               |           |
|---------------------------------------------------------------|-----------|
| 9:30-10:30 Uhr<br><b>Pilates-springboard</b> m                | <b>k2</b> |
| 10:00-10:50 Uhr<br>Rehasport: <b>WSG</b>                      | <b>k1</b> |
| 10:45-11:45 Uhr<br><b>Vinyasa Yoga</b> b                      | <b>k2</b> |
| 11:00-11:50 Uhr<br>Rehasport: <b>WSG</b>                      | <b>k1</b> |
| 16:30-17:15 Uhr<br><b>Bauch&amp;Rücken</b><br><b>intensiv</b> | <b>k1</b> |
| 17:00-17:45 Uhr<br><b>Pilates-Barre</b><br>& Tone b/m         | <b>k3</b> |
| 17:30-18:30 Uhr<br><b>Dance-Moves</b>                         | <b>k1</b> |
| 18:00-19:00 Uhr<br><b>Aerial-DYNAMIC</b> m                    | <b>k3</b> |
| 18:45-19:45 Uhr<br><b>Kraft&amp;Ausdauer</b>                  | <b>k1</b> |

## donnerstag

|                                                                         |           |
|-------------------------------------------------------------------------|-----------|
| 9:00-9:50 Uhr<br>Rehasport:<br><b>Rücken-Fit-3D</b>                     | <b>k1</b> |
| 10:00-11:00 Uhr<br>Rehasport: <b>Qi Gong</b>                            | <b>k1</b> |
| 17:30-18:30 Uhr<br><b>Pilates-WSG</b>                                   | <b>k1</b> |
| 17:45-18:45 Uhr<br>schwanger&mehr:<br><b>Pilates</b>                    | <b>k3</b> |
| 18:00-19:00 Uhr<br><b>Pilates-springboard</b> b                         | <b>k2</b> |
| 18:50-19:50 Uhr<br><b>MOTR®</b> b                                       | <b>k1</b> |
| 19:15-20:15 Uhr<br><b>Pilates Suspension</b><br><b>Method™</b> am TRX b | <b>k3</b> |

## freitag

|                                                  |           |
|--------------------------------------------------|-----------|
| 9:00-10:00 Uhr<br><b>Pilates</b> b/m             | <b>k1</b> |
| 9:30-10:20<br><b>Pilates-Reformer</b> b          | <b>k4</b> |
| 10:30-11:30 Uhr<br><b>Birkat®</b>                | <b>k1</b> |
| 10:30-11:30 Uhr<br><b>Pilates-springboard</b> zb | <b>k2</b> |
| 12:00-13:00 Uhr<br><b>Kraft&amp;Mobilität</b>    | <b>k1</b> |
| 17:00-17:45 Uhr<br><b>Cardio&amp;Tone</b>        | <b>k1</b> |
| 17:10-18:00 Uhr<br><b>Pilates&amp;Props</b>      | <b>k1</b> |
| 18:00-19:00 Uhr<br><b>Fit&amp;Flow</b>           | <b>k1</b> |
| 18:10-19:10<br><b>Pilates-springboard</b> b/m    | <b>k4</b> |

## samstag

|                                                 |           |
|-------------------------------------------------|-----------|
| 9:00-10:00 Uhr<br><b>Pilates</b> m              | <b>k1</b> |
| 10:00-10:50 Uhr<br><b>Pilates-Barre</b> b       | <b>k3</b> |
| 10:10-11:10 Uhr<br><b>Pilates-springboard</b> b | <b>k2</b> |
| 10:15-11:30 Uhr<br><b>Vinyasa Yoga</b> m        | <b>k1</b> |
| 11:00-12:00 Uhr<br><b>Aerial-Yoga</b> b         | <b>k3</b> |
| 11:45-12:45 Uhr<br><b>Pilates-springboard</b> m | <b>k2</b> |

## kursplan

stand: 2/3/2026

kursbeschreibungen

unter [www.sportraum-berlin.de](http://www.sportraum-berlin.de)

b = basic / m = mittelstufe / f = fortgeschrittene • **k1-4** = kursraum 1-4

Rehasport nur mit ärztlicher Verordnung