



Hamburg 2012 Class Timetable

Saturday	Apparatus Room Studio 1	Mat Room Studio 2	Theory Room
08.00 - 09.00	Barrel Progressions Juliana Afram JA01	GYROKINESIS® Bettina Preuschoff BP01	Meet and Discuss Session Session open to all
09.15 - 10.15	Wall Unit & Chair Class Christian Lutz CL01	Pilates in the 3 rd Dimension Bettina Preuschoff BP02	Physiotherapy, osteopathy and Pilates Sebastian Klöckner SK01
10.30 - 11.30	Open Space	Pilates Evo Chris Hunt CH01	Pilates Retreats: A Reality Check Mareile Paley MP01
11.45 - 12.45		Yoga Meets Pilates Kerstin Reif KR01	Pilathai Chris Hunt CH02
12.45 - 13.45	LUNCH		
13.45 - 14.45	Studio Workout Juliana Afram JA02	Core Challenge with Elliptical io-Ball Andrea Burkhardt AB01	Meet and Discuss Session Session open to all
15.00 - 16.00	Circuit Equipment Class Sandra Machado SM01	PowerVit® Mein Rücken Jasmina Berger JB01	EssSense Nutrition (in German) Roland Klövekorn RK01
16.15 - 17.15		YOGI-lates Stretch and Partnershiatsu (Ends at 18.15) Anja Kursawe AK01	Oversized Clients (in German) Jasmina Berger JS02
19.30 - 22.00	CARNIVAL DINNER PARTY		

Sunday	Apparatus Room Studio 1	Mat Room Studio 2	Theory Room
08.00 - 09.00	Pilates to Feel Good in Pregnancy Lilian Graça & Dania Irmeler LD01	Pilates Evo Chris Hunt CH03	Meet and Discuss Session Session open to all
09.15 - 10.15		Pilates For The Heart Agnieszka Ostasz A001	Pilates Retreats: A Reality Check Mareile Paley MP02
10.30 - 11.30	Stabilisation and More Karolina Libelt KL01	Flowing Mat Christiane Tittel CT01	Pilathai Chris Hunt CH04
11.45 - 12.45	Reformer: From Beginner to Intermediate Christian Lutz CL02	Core Challenge With STABY Andrea Burkhardt AB02	Classical Pilates: Let's Talk About It Juliana Afram JF03
12.45 - 13.45	LUNCH		
13.45 - 14.45	Circuit Equipment Class Sandra Machado SM02	Pre-Matwork Class Christian Lutz CL03	Sensomotoric coordination Andrea Burkhardt AB03
15.00 - 16.00		Reformer on the Mat Workout Juliana Afram JF04	EssSense Nutrition (in German) Roland Klövekorn RK02
16.15 - 17.15	Reformer Workout Christiane Tittel CT02	Pilates For Therapy Karolina Libelt KL02	Meet and Discuss Session Session open to all