



Stundenplan Sommer 2024 / Sept - Dez 2024

Zeit	Mo	Di	Mi	Do	Fr	Sa
07:00 - 07:50		Early-Bird Pilates-Reformer Barbara Studer				
09:00 - 10:00	Pilates Barbara Studer	9:45-10:35 Pilates-Reformer Barbara Studer	Pilates Barbara Studer	Pilates Physio Christine Poëll Regine Gubser	09:30 - 10:30 Power Yoga Barbara Studer	Workshops & Family Yoga
10:15 - 11:15	Pilates Barbara Studer		Pilates Sybille Koch			
12:10 - 13:00	Pilates-Reformer Karin Unger		Pilates Sybille Koch	Pilates-Reformer Regine Gubser	Pilates-Reformer Barbara Studer	
14:00 - 14:55					Pilates-Reformer Barbara Studer	
16:30 - 17:20	Pilates-Reformer Barbara Studer					
17:45 - 18:45	Pilates Sybille Koch	Yoga Stéphanie Camen	18:15 - 19:30 Vinyasa Yoga Moni Steiger	Pilates Sybille Koch		
19:00 - 20:00	Pilates for Teens Sybille Koch	Yoga Flow Sibylle Decurtins	19:45 - 21:00 Yin Yoga Moni Steiger	Pilates Barbara Studer		
20:15 - 21:15				Power Yoga Barbara Studer		