



Stundenplan Herbst/Winter 2026

Zeit	Mo	Di	Mi	Do	Fr	Sa
07:00 - 07:50		Reformer Pilates Barbara Studer				
08:00 - 08:50		Reformer Pilates Barbara Studer			08:30 – 09:30 Yoga Barbara Studer	
09:00 – 10:00	Pilates Matte Barbara Studer	9:00 - 09:50 Reformer Pilates Barbara Studer	Pilates Matte Barbara Studer		09:50 - 10:40 Reformer Pilates Barbara Studer	Pilates Matte Team Yoga-Klassen Team Workshops DIV
10:15 – 11:15	Pilates Matte Barbara Studer		Pilates Matte Sybille Koch	11:00-11:50 Reformer Pilates Regine Gubser		
12:10 – 13:00	Reformer Pilates Karin Unger		Pilates Matte Sybille Koch	Reformer Pilates Regine Gubser	Reformer Pilates Barbara Studer	
13:00 - 14:00		Hatha Yoga Français Myriam Redouane				
16:30 - 17:20	Reformer Pilates Barbara Studer					
17:45 – 18:45	Pilates Matte Sybille Koch	Yoga Stéphanie Camen	18:15 – 19:30 Vinyasa Yoga Moni Steiger	Pilates Matte Sybille Koch	18:00 - 20:00 ALCELSA Meditation/Tanz Elisabeth Brühwiler	
19:00 – 20:00	Pilates for Teens Sybille Koch	Yoga Flow Sibylle Decurtins	19:45 – 21:00 Yin Yoga Moni Steiger	Pilates Matte Barbara Studer		
20:15 – 21:15				Yoga Barbara Studer		