



Stundenplan Frühling 2024 / Januar - April 2024

| Zeit | Mo | Di | Mi | Do | Fr | Sa |
|---------------|---|---|---|--|---|----------------------------|
| 07:00 - 07:50 | | Pilates-Reformer Barbara Studer | | | | |
| 09:00 – 10:00 | Pilates Barbara Studer | 9:15-10:05 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 | Ab 29.4.24 Pilates goes Bikini Barbara Studer | Pilates Sybille Koch | | | |
| 12:10 – 13:00 | Pilates-Reformer Karin Unger | | Pilates Sybille Koch | Pilates-Reformer Regine Gubser | Pilates-Reformer Barbara Studer | |
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| 14:00 - 14:55 | French Hatha Yoga Myriam Mazet | | | | Pilates-Reformer Barbara Studer | |
| 16:30 - 17:20 | Ab 29.4.24 Pilates goes Bikini Barbara Studer | | | | Ab 29.4.24 Pilates goes Bikini 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 | Ab 29.4.24 Pilates for Teens Sybille Koch | Flow Sibylle Decurtins | 19:45 – 20:45 Yin Yoga Moni Steiger | Pilates Barbara Studer | | |
| 20:15 – 21:15 | | | | Power Yoga Barbara Studer | | |