



Stundenplan Winter - 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					
12:10 – 13:00	Pilates-Reformer Karin Unger		Pilates Sybille Koch	Pilates-Reformer Regine Gubser	Pilates-Reformer Barbara Studer	
14:00 - 14:55	French Hatha Yoga Myriam Mazet				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 Sybille Koch	Flow Sibylle Decurtins	19:45 – 20:45 Yin Yoga Moni Steiger	Pilates Barbara Studer		
20:15 – 21:15				Power Yoga Barbara Studer		