



Stundenplan Herbst Januar - April 2026

Zeit	Mo	Di	Mi	Do	Fr	Sa
07:00 - 07:50		Reformer Pilates Barbara Studer		08:00 – 09:00 Vagus Nerv Meditation Alexandra	08:30 – 09:30 Yoga Barbara Studer	
09:00 – 10:00	Pilates Barbara Studer	9:15-10:05 Reformer Pilates Barbara Studer	Pilates Barbara Studer		09:50 - 10:40 Reformer Pilates Barbara Studer	Workshops & Family Yoga
10:15 – 11:15	Pilates Barbara Studer		Pilates Sybille Koch	11:00-11:50 Reformer Pilates Regine Gubser		
12:10 – 13:00	Reformer Pilates Karin Unger		Pilates Sybille Koch	Reformer Pilates Regine Gubser	Reformer Pilates Barbara Studer	
14:00 - 14:55		Hatha Yoga Français Myriam Redouane				
16:30 - 17:20	Reformer Pilates Barbara Studer					
17:45 – 18:45	Pilates Sybille Koch	Yoga Stéphanie Camen	18:15 – 19:30 Vinyasa Yoga Moni Steiger	Pilates 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 Barbara Studer		
20:15 – 21:15				Yoga Barbara Studer		