



## Stundenplan September - Dezember 2023

Zeit	Mo	Di	Mi	Do	Fr	Sa
07:00 - 07:50		Pilates Reformer Barbara Studer				
08:00 - 09:00						
09:00 - 10:00	Pilates Barbara Studer	09:15 - 10:05 Pilates Reformer Barbara Studer	Pilates Barbara Studer	Pilates Physio Christine Poëll	09:30 - 10:30 Power Yoga Barbara Studer	Workshops & Specials
10:15 - 11:15	Pilates Barbara Studer		Pilates Trampolin Eveline Kessler			
12:10 - 13:00	Pilates Reformer Karin Unger		Pilates Sybille Koch	Pilates Trampolin Eveline Kessler	Pilates Reformer Barbara Studer	
16:30 - 17:30	14:00 - 14:55 French Hatha Yoga Myriam Mazet					
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	Hatha Yoga Sibylle Decurtins	19:45 - 21:00 Yin Yoga Moni Steiger	Pilates Barbara Studer		
20:15 - 21:15				Power Yoga Barbara Studer		