



Stundenplan Herbst/Winter 2022

Zeit	Mo	Di	Mi	Do	Fr	Sa
08:00 - 09:00						
09:00 - 10:00	Pilates Barbara Studer		Pilates Barbara Studer	Pilates Physio Christine Poëll	09:30 - 10:30 Power Yoga Barbara Studer	09:30 - 10:30 Drop-In Yoga Team
10:15 - 11:15	Pilates Barbara Studer					
12:10 - 13:00		Vinyasa Flow Myriam Mazet	Pilates Sybille Koch		Reformergruppe Barbara Studer	
16:30 - 17:30					Reformergruppe Barbara Studer	
17:45 - 18:45	Pilates Sybille Koch	Yoga Stéphanie Camen	18:15 - 19:30 Vinyasa Yoga Moni Steiger	Pilates Sybille Koch	17:45 - 18:30 Meditation Alexa Gloor	
19:00 - 20:00	Yoga Silvia Keller	Hatha Yoga Sibylle Decurtins	19:45 - 21:00 Yoga Flow Alena Kundela	Pilates Barbara Studer		
20:15 - 21:15	20:15 - 21:00 Meditation Alexa Gloor			Power Yoga Barbara Studer		