



## Stundenplan

Zeit	Mo	Di	Mi	Do	Fr	Sa
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 Yoga Drop In Stéph/Moni/Siby
10:15 – 11:15	Pilates Barbara Studer					
12:10 – 13:00			Pilates Sybille Koch		Reformer-Gruppe Barbara Studer	
					16:15 - 17:15 Reformer Gruppe Barbara Studer	
17:45 – 18:45	Pilates Sybille Koch	Yoga Stéphanie Camen	18:15 – 19:30 Vinyasa Yoga Moni Steiger	Pilates Sybille Koch	17:30 - 18:15 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 - 21:30 Meditation Alexa Gloor			Power Yoga Barbara Studer		