

# STUNDENPLAN PILATES ZÜRICH

Ab Juli 2018

| TAG        | ZEIT          | TRAINING                          | LEVEL  | TRAINER                  | STUDIO  |
|------------|---------------|-----------------------------------|--------|--------------------------|---------|
| Montag     | 12:30 – 13:30 | Allegro                           | I-II   | Patricia <sup>d</sup>    | Allegro |
|            | 17:45 – 18:45 | Pilates                           | I-II   | Sara <sup>d, e, i</sup>  | Pilates |
|            | 19:00 – 20:00 | Allegro                           | II     | Sara <sup>d, e, i</sup>  | Allegro |
|            | 19:00 – 20:00 | Pilates                           | II-III | Sandra <sup>d, e</sup>   | Pilates |
|            | 20:15 – 21:15 | Allegro                           | I-II   | Sandra <sup>d, e</sup>   | Allegro |
| Dienstag   | 17:45 – 18:45 | Pilates & MOTR® *                 | I-II   | Stephan <sup>d, e</sup>  | Pilates |
|            | 19:00 – 20:00 | Allegro                           | II-III | Stephan <sup>d, e</sup>  | Allegro |
|            | 19:00 – 20:00 | Pilates                           | I-II   | Timur <sup>d, e</sup>    | Pilates |
|            | 20:15 – 21:15 | Faszien Pilates                   | II-III | Timur <sup>d, e</sup>    | Allegro |
| Mittwoch   | 09:45 – 10:45 | Pilates                           | I-II   | Patricia <sup>d</sup>    | Pilates |
|            | 12:15 – 13:15 | Pilates                           | I-II   | Patricia <sup>d</sup>    | Pilates |
|            | 17:45 – 18:45 | Pilates                           | I-II   | Timur <sup>d, e</sup>    | Pilates |
|            | 19:00 – 20:00 | Allegro                           | I-II   | Veronika <sup>d, e</sup> | Allegro |
|            | 19:00 – 20:00 | Pilates & TRX® *                  | I-II   | Timur <sup>d, e</sup>    | Pilates |
|            | 20:15 – 21:15 | Pilates                           | I      | Jeanette <sup>d</sup>    | Allegro |
| Donnerstag | 12:30 – 13:30 | Allegro                           | I-II   | Veronika <sup>d, e</sup> |         |
|            | 17:45 – 18:45 | Pilates & Schwangerschaft         |        | Veronika <sup>d</sup>    | Allegro |
|            | 19:00 – 20:00 | Pilates                           | II-III | Seraina <sup>d</sup>     | Pilates |
|            | 19:00 – 20:00 | Aerial Yoga **                    |        | Timur <sup>d, e</sup>    | Pilates |
|            | 20:15 – 21:15 | Allegro in italiano / en français | I-II   | Concetta <sup>i, f</sup> | Allegro |
| Freitag    | 09:45 – 10:45 | Pilates                           | I-II   | Timur <sup>d, e</sup>    | Pilates |
|            | 12:15 – 13:15 | Allegro                           | I-II   | Timur <sup>d, e</sup>    | Allegro |
|            | 17:45 – 18:45 | Allegro                           | I-II   | Sara <sup>d, e, i</sup>  | Allegro |
| Samstag    | 10:00 – 11:00 | Pilates                           | I-II   | Wiebke <sup>d, e</sup>   | Pilates |
|            | 11:15 – 12:15 | Rückbildung mit Pilates           |        | Wiebke <sup>d, e</sup>   | Pilates |
|            | 13:00 – 14:00 | bodyART® *                        |        | Susanne <sup>d, e</sup>  | Pilates |
| Sonntag    | 16:45 – 17:45 | Pilates                           | I-II   | Veronika <sup>d</sup>    | Pilates |
|            | 18:00 – 19:00 | Allegro                           | I-II   | Veronika <sup>d, e</sup> | Allegro |

\* Gültig mit dem Matten Abo

\*\* Gültig mit dem Allegro Abo

Stufen: I = Beginner, II = Mittel, III = Fortgeschritten

Unterrichtssprachen: d = deutsch, e = english, i = italiano, f = français

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|            | 19:00 – 20:00 | Pilates                           | I-II   | Timur <sup>d, e</sup>    | Pilates |
|            | 20:15 – 21:15 | Faszien Pilates                   | II-III | Timur <sup>d, e</sup>    | Allegro |
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|            | 19:00 – 20:00 | Allegro                           | I-II   | Veronika <sup>d, e</sup> | Allegro |
|            | 19:00 – 20:00 | Pilates & TRX® *                  | I-II   | Timur <sup>d, e</sup>    | Pilates |
|            | 20:15 – 21:15 | Pilates                           | I      | Jeanette <sup>d</sup>    | Allegro |
| Donnerstag | 12:30 – 13:30 | Allegro                           | I-II   | Veronika <sup>d, e</sup> |         |
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