

STUNDENPLAN PILATES ZÜRICH

Ab Juni 2018

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