

STUNDENPLAN PILATES ZÜRICH

Ab September 2019

TAG	ZEIT	TRAINING	LEVEL	TRAINER	STUDIO
Montag	12:30 – 13:30	Allegro	I-II	Veronika ^d	Allegro
	14:30 – 15:30	Rückbildung mit/ohne Baby		Veronika ^d	Pilates
	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
Dienstag	12:15 – 13:15	Allegro Jumpboard		Stephan ^{d, e}	Allegro
	17:45 – 18:45	Allegro	I-II	Stephan ^{d, e}	Allegro
	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 (1x Monat Faszien & Yin 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 & TRX®	I-II	Timur ^{d, e}	Pilates
	19:00 – 20:00	Allegro	I-II	Jeanette/Concetta ^d	Allegro
	19:00 – 20:00	bodyART® *	I-II	Timur ^{d, e}	Pilates
	20:15 – 21:15	Pilates	I	Jeanette ^d	Allegro
Donnerstag	12:30 – 13:30	Allegro ab September	I-II	Veronika ^d	Allegro
	17:45 – 18:45	Aerial Yoga **		Sara ^{d, e}	Pilates
	17:45 – 18:45	Pilates & Schwangerschaft		Sylvia	Allegro
	19:00 – 20:00	Pilates	I-III	Sara ^{d, e}	Pilates
	19:00 – 20:00	Rückbildung mit Pilates		Sylvia	Allegro
	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
	17:15 – 18:15	Allegro	I-II	Timur ^{d, e, i}	Allegro
Samstag	09:00 – 10:00	Pilates	I-II	Claudia ^{d, e}	Pilates
	10:15 – 11:15	bodyART® *		Susanne ^{d, e}	Pilates
	12:00 – 13:00	Pilates & Schwangerschaft		Claudia ^{d, e}	Pilates
Sonntag	16:45 – 17:45	Sunday Matwork Special	I-II	Team Pilates Zürich	Pilates
	18:00 – 19:00	Sunday Allegro Special	I-II	Team Pilates Zürich	Allegro

* Gültig mit dem Matten Abo

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

** Gültig mit dem Allegro Abo

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

STUNDENPLAN PILATES ZÜRICH

Ab September 2019

TAG	ZEIT	TRAINING	LEVEL	TRAINER	STUDIO
Montag	12:30 – 13:30	Allegro	I-II	Veronika ^d	Allegro
	14:30 – 15:30	Rückbildung mit/ohne Baby		Veronika ^d	Pilates
	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
Dienstag	12:15 – 13:15	Allegro Jumpboard		Stephan ^{d, e}	Allegro
	17:45 – 18:45	Allegro	I-II	Stephan ^{d, e}	Allegro
	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 (1x Monat Faszien & Yin 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 & TRX®	I-II	Timur ^{d, e}	Pilates
	19:00 – 20:00	Allegro	I-II	Jeanette/Concetta ^d	Allegro
	19:00 – 20:00	bodyART® *	I-II	Timur ^{d, e}	Pilates
	20:15 – 21:15	Pilates	I	Jeanette ^d	Allegro
Donnerstag	12:30 – 13:30	Allegro ab September	I-II	Veronika ^d	Allegro
	17:45 – 18:45	Aerial Yoga **		Sara ^{d, e}	Pilates
	17:45 – 18:45	Pilates & Schwangerschaft		Sylvia	Allegro
	19:00 – 20:00	Pilates	I-III	Sara ^{d, e}	Pilates
	19:00 – 20:00	Rückbildung mit Pilates		Sylvia	Allegro
	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
	17:15 – 18:15	Allegro	I-II	Timur ^{d, e, i}	Allegro
Samstag	09:00 – 10:00	Pilates	I-II	Claudia ^{d, e}	Pilates
	10:15 – 11:15	bodyART® *		Susanne ^{d, e}	Pilates
	12:00 – 13:00	Pilates & Schwangerschaft		Claudia ^{d, e}	Pilates
Sonntag	16:45 – 17:45	Sunday Matwork Special	I-II	Team Pilates Zürich	Pilates
	18:00 – 19:00	Sunday Allegro Special	I-II	Team Pilates Zürich	Allegro

* Gültig mit dem Matten Abo

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

** Gültig mit dem Allegro Abo

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