

# STUNDENPLAN PILATES ZÜRICH

Ab 01.11.2020

| TAG        | ZEIT          | TRAINING                          | LEVEL  | TRAINER                | STUDIO  |
|------------|---------------|-----------------------------------|--------|------------------------|---------|
| Montag     | 09:00 – 10:15 | Hatha Yoga e/d                    |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 10:30 – 11:30 | Postnatal Yoga with Baby e/d      |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 12:00 – 13:00 | Prenatal Yoga e/d                 |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 12:15 – 13:15 | Allegro                           | I-III  | Nicole <sup>d</sup>    | Allegro |
|            | 17:45 – 18:45 | Prenatal Pilates english          |        | Adva <sup>e</sup>      | Pilates |
|            | 17:45 – 18:45 | Pilates (1x Monat Pilates Barre)  | I-II   | Sara <sup>d,e,i</sup>  | Allegro |
|            | 19:00 – 20:00 | Allegro                           | II     | Sara <sup>d,e,i</sup>  | Allegro |
|            | 19:00 – 20:00 | Pilates english                   | II-III | Adva <sup>e</sup>      | Pilates |
|            | 20:15 – 21:15 | Allegro english                   | I-III  | Adva <sup>e</sup>      | Allegro |
| Dienstag   | 17:45 – 18:45 | Allegro                           | I-II   | Stephan <sup>d,e</sup> | Allegro |
|            | 17:45 – 18:45 | Aerial Yoga                       |        | Timur <sup>d,e</sup>   | Matte   |
|            | 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 | Allegro                           | I-III  | Timur <sup>d,e</sup>   | Allegro |
| Mittwoch   | 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>   | Pilates |
|            | 17:15 – 18:15 | Prenatal Yoga (as of 32 week) e/d |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 18:30 – 19:30 | Yoga Hatha Flow e/d               |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 19:00 – 20:00 | Allegro                           | I-II   | Haeyeon <sup>d,e</sup> | Allegro |
|            | 20:00 – 21:00 | Postnatal Yoga without Baby e/d   |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 20:15 – 21:15 | Pilates                           | I-III  | Jeanette <sup>d</sup>  | Allegro |
| Donnerstag | 10:30 – 11:45 | YAES! Yoga                        |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 12:00 – 13:00 | Prenatal Yoga e/d                 |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 12:15 – 13:15 | Allegro                           | I-II   | Nicole <sup>d</sup>    | Allegro |
|            | 13:30 – 14:30 | Postnatal Yoga with Baby e/d      |        | Gisela <sup>d,e</sup>  | Pilates |
|            | 17:45 – 18:45 | Pilates & Schwangerschaft         |        | Sylvia <sup>d,e</sup>  | Pilates |
|            | 19:00 - 20:00 | Pilates meets Yoga                | I-III  | Haeyeon <sup>d,e</sup> | Pilates |
|            | 19:00 – 20:00 | Rückbildung mit Pilates           |        | Sylvia                 | Allegro |
|            | 20:15 – 21:15 | Pilates                           | I      | Haeyeon <sup>d,e</sup> | Pilates |
|            | 20:15 - 21:15 | Allegro                           | I-II   | Stephan <sup>d,e</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 |
|            | 17:15 – 18:15 | Allegro                           | I-II   | Timur <sup>d,e</sup>   | Allegro |
| Samstag    | 09:00 – 10:00 | Pilates                           | I-II   | Claudia <sup>d,e</sup> | Pilates |
|            | 09:00 – 10:00 | Allegro english                   | I-III  | Adva <sup>e</sup>      | Allegro |
|            | 10:30 – 11:30 | Rückbildung mit Pilates ab 9.11   |        | Claudia <sup>d,e</sup> | Pilates |
|            | 10:15 – 11:15 | Allegro english                   | II-III | Adva <sup>e</sup>      | Allegro |
|            | 12:00 – 13:00 | Pilates & Schwangerschaft         |        | Claudia <sup>d,e</sup> | Pilates |
| Sonntag    | 16:45 – 17:45 | Sunday Matwork Special            | I-II   | Haeyeon <sup>d,e</sup> | Pilates |
|            | 18:00 – 19:00 | Sunday Allegro Special            | I-II   | Haeyeon <sup>d,e</sup> | Allegro |

## Mit ONLINE Übertragung

Stufen: I = Beginner, II = Mittel, III = Fortgeschritten / Unterrichtssprachen: d = deutsch, e = english, i = italiano, f = français

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