

PASSION – STUNDENPLAN 2023

STAND: November 2023

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG	
GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO
	08.00 APPARATUS PRIVATE		08.00 APPARATUS GROUP		08.00 APPARATUS GROUP		08.00 APPARATUS GROUP				
08.30 YOGA GROUP	09.00 APPARATUS GROUP	09.00 CREATIVE BARRE	09.00 APPARATUS GROUP		09.00 APPARATUS GROUP	09.00 CREATIVE BARRE		08.30 FUNCTIONAL TRAINING	09.00 APPARATUS GROUP		
10.00 BARRE Ü60	10.00 APPARATUS PRIVATE		10.15 APPARATUS PRIVATE		10.00 APPARATUS GROUP		10.00 APPARATUS PRIVATE	10.00 CREATIVE BARRE	10.00 APPARATUS GROUP	9.30 CREATIVE BARRE	
	11.00 APPARATUS GROUP		11.15 APPARATUS PRIVATE		11.00 APPARATUS PRIVATE		11.00 APPARATUS GROUP		11.00 APPARATUS PRIVATE		
12.15 FUNCTIONAL TRAINING			12.15 APPARATUS GROUP	12.15 BOOTCAMP TRAINING						ZOOM CLASSES	
	17.00 APPARATUS GROUP				17.00 APPARATUS PRIVATE		14.00 APPARATUS PRIVATE			SIEHE SPECIALS UNTER WWW.PILATES-ALLSCHWIL.CH	
	18.00 APPARATUS GROUP		17.30 APPARATUS GROUP	18.00 GARUDA BARRE	18.00 APPARATUS GROUP		17.00 APPARATUS GROUP				
	19.00 APPARATUS GROUP		18.30 APPARATUS GROUP		19.00 APPARATUS GROUP						
			19.30 APPARATUS GROUP	19:15 BOOTCAMP TRAINING							

Alle Gruppenkurse finden ab 3 Personen statt. Die Kurslektionen dauern 55 Minuten.

Im Verhinderungsfall gilt die 24 Stunden Regelung, ansonsten wird der Kurs verrechnet.

INFOS UNTER WWW.PILATES-ALLSCHWIL.CH ODER HANDY BARBARA GUGOLZ 076 437 26 11