

# Stundenplan

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Samstag

12.10 - 13.00  
Medical Pilates

12.10 - 13.00  
Pilates

12.10 - 13.00  
Medical Pilates

12.10 - 13.10  
Yoga

12.00 - 12.50  
Pilates

18.45 - 19.45  
Functional Circuit

18.30 - 19.30  
Yoga

18.40 - 19.30  
Medical Pilates

19.10 - 20.00  
Pilates

8.30 - 9.20  
Pilates

9.30 - 10.20  
Medical Pilates

9.30 - 10.20  
Medical Pilates

9.30 - 10.30  
Weekend Specials\*

\* Details zu unseren Weekend Specials auf [www.physiomove.ch/events](http://www.physiomove.ch/events)