

Summer Timetable

As of 27 May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
9:30 am – 10:30 am				8:30 am – 9:30 am	10:00 am – 2:30 pm	
Pilates mat				Pilates mat	Pelvic floor workshop*	
				10:00 am – 11:00 am		
				Pilates for Golfers*		
Afternoon						
		Studio closed	5:30 pm – 6:30 pm			Studio closed
			Pilates mat			
Evening						
6:15 pm – 7:30 pm	6:15 pm – 7:15 pm	Studio closed	7:30 pm – 8:45 pm			Studio closed
Postnatal Pilates*	Prenatal Pilates		Ashtanga Yoga			
7:45 pm – 8:45 pm	7:30 pm – 8:30 pm					
Pilates mat	Pilates mat					

* Please note the current course dates on the website (www.nanea.ch).