

Timetable Online Lessons

23 March 2020 – 2 May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						
				8:30 am – 9:30 am		
				Pilates mat ONLINE		
9:30 am – 10:30 am			9:00 am – 10:00 am		9:30 am – 10:30 am	
Pilates mat ONLINE			Easy Pilates & Stretch ONLINE		Mindful Pilates ONLINE	
Afternoon						
		No Lessons	5:30 pm – 6:30 pm			No Lessons
			Pilates mat ONLINE			
Evening						
	6:15 pm – 7:15 pm					
	Prenatal Pilates ONLINE					
7:45 pm – 8:45 pm	7:45 pm – 8:45 pm					
Pilates mat ONLINE	Pilates mat ONLINE					

- All information about the individual lessons at <https://nanea.ch/en/our-offer/>
- You can register for the lesson directly in our timetable at <https://nanea.ch/en/timetable/>