

## Summer Timetable

25 May – 29 November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning</b>						
9:30 am – 10:30 am			9:00 am – 10:00 am	8:30 am – 9:30 am		
Pilates mat			Easy Pilates & stretch	Pilates mat		
				10:00 am – 11:00 am	10:00 am – 2:30 pm	
				Pilates for golfers*	Pelvic floor workshop*	
<b>Evening</b>						
		Studio closed	5:30 pm – 6:30 pm			Studio closed
			Pilates mat			
6:15 pm – 7:30 pm	6:15 pm – 7:15 pm					
Postnatal Pilates*	Prenatal Pilates					
7:45 pm – 8:45 pm	7:45 pm – 8:45 pm					
Pilates mat	Pilates mat					

\* The offers marked with an asterisk take place irregularly. Please note the course dates on our [website](#).

Registration for all lessons/courses/workshops at [www.nanea.ch/timetable](http://www.nanea.ch/timetable).