

Winter Timetable 2020/21

30 November 2020 – 2 May 2021

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

Studio closed

Studio closed

* From 21 December 2020 (until then, the lesson takes place 7:45 – 8:45 pm)

** This offer takes place irregularly or on selected dates. Please note the course details on our [website](http://www.nanea.ch).

Registration for all lessons/courses/workshops at www.nanea.ch/timetable.