

Spring Pilates

We say thank you!

For almost five long months we were not allowed to open our doors. Now we would like to give you something back and thank you for your loyalty and patience – with Spring Pilates!



Spring Pilates will take place on the following days and times:

- **Wednesday, 21 April 2021:** 9:00 am / 10:30 am / 6:30 pm / 8:00 pm
- **Wednesday, 28 April 2021:** 9:00 am / 10:30 am / 6:30 pm / 8:00 pm

The lessons last 60 min. each and are free of charge. There are 4 spots available per lesson, which can be booked online at <https://nanea.ch/en/timetable/>.

In the studio, the prescribed protective measures apply: 1.5 m distance and masks must be worn.

Has it been too long since you've exercised? Can you feel the spring? Would you finally like to do Pilates again? Then come along and recharge your batteries.

We look forward to seeing you!