

Timetable

From 25 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			Myofacial training	Pilates mat		
		By arrangement	10:15 am – 11:15 am		10:00 am – 2:30 pm	Studio closed
			Myofacial training		Pelvic floor workshop*	
Evening						
6:30 pm – 7:30 pm	6:15 pm – 7:15 pm		6:00 pm – 7:00 pm			
Pilates mat	Prenatal Pilates		Pilates mat			
7:45 pm – 9:00 pm	7:45 pm – 8:45 pm		7:30 pm – 8:30 pm			
Postnatal Pilates*	Pilates mat		Pilates mat			

* This offer takes place irregularly or on selected dates. Please note the course details on our [website](#).

Registration for all lessons/courses/workshops at www.nanea.ch/timetable. Private trainings anytime by arrangement.