

Timetable

From 1 February 2022

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
Morning					
9:30 am – 10:30 am			9:00 am – 10:00 am	08:30 – 09:30	
Pilates mat			Myofascial Training	Pilates mat	
			10:15 am – 11:15 am		
			Myofascial Training		
Evening					
6:30 pm – 7:30 pm	6:15 pm – 7:15 pm	By arrangement	6:00 pm – 7:00 pm		By arrangement
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*	Myofascial Training		Pilates mat		

* This offer takes place on selected dates. Please note the course dates and details at www.nanea.ch.

Please register for all lessons/courses/workshops at <https://nanea.ch/en/timetable/>. Private trainings are possible at any time by appointment.