

# Timetable

From 30 May 2023

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG
<b>Morning</b>					
9:30 am – 10:30 am			9:00 am – 10:00 am	08:30 – 09:30	
Pilates mat			Myofascial Training	Fascia Release	
			10:15 am – 11:15 am		
			Myofascial Training		
<b>Evening</b>					
6:30 pm – 7:30 pm			6:00 pm – 7:00 pm		
Pilates mat			Pilates mat		
7:45 pm – 8:45 pm	7:00 pm – 8:00 pm		7:30 pm – 8:30 pm		
Myofascial Training	Myofascial Training		Pilates mat		

By arrangement

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

For the description of each lesson, visit <https://nanea.ch/en/our-offer/>.