

Timetable
 From 21 October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning				
9.30 – 10.30 am			9.00 – 10.00 am	8.30 – 9.30 am
Pilates mat			Myofascial Training	Hypopressive Training*
			10.15 – 11.15 am	
			Fascia Release	
Evening				
6.30 – 7.30 pm	6.30 – 7.30 pm			
Pilates mat	Myofascial Training			
7.45 – 8.45 pm	7.45 – 8.45 pm		7.00 – 8.00 pm	
Myofascial Training	Hypopressive Training*		Pilates mat	

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/>.

* This offer is a closed course and takes place on specific dates. Details at <https://nanea.ch/en/our-offer/hypopressive-training/>