

# ONLINE LIVE STUNDENPLAN BERN & ZÜRICH

Ab 01.11.2020

TAG	ZEIT	TRAINING	LEVEL	TRAINER
Montag	09:00 – 10:15	ONLINE Hatha Yoga e/d		Gisela
	10:30 – 11:30	ONLINE Postnatal Yoga with Baby e/d		Gisela
	12:00 – 13:00	ONLINE Prenatal Yoga e/d		Gisela
	19:00 – 20:00	ONLINE Pilates english	II-III	Adva
	19:00 – 20:00	ONLINE Rückbildung mit Pilates ab 9.11.		Haeyeon
	20:15 – 21:15	ONLINE Pilates Power & Flexibility	II-III	Sabine
Dienstag	07:00 – 08:00	ONLINE Wake Up Pilates	I-II	Stefan
	10:45 – 11:45	ONLINE Pilates Best Age		Haeyeon
	12:00 – 13:00	ONLINE Pilates	I-III	Bea
	17:45 – 18:45	ONLINE Schwangerschaft & Pilates		Haeyeon
	19:00 – 20:00	ONLINE Pilates	I-II	Timur
Mittwoch	09:45 – 10:45	ONLINE Pilates	I-II	Timur
	17:15 – 18:15	ONLINE Prenatal Yoga (as of 32 week) e/d		Gisela
	17:45 – 18:45	ONLINE Pilates	I-II	Stephanie
	18:30 – 19:45	ONLINE Yoga Hatha Flow e/d		Gisela
	19:00 – 20:00	ONLINE Pilates Power & Flexibility	II-III	Stephanie
	20:15 – 21:15	ONLINE Yin & Relax Pilates		Team
Donnerstag	20:00 – 21:00	ONLINE Postnatal Yoga without Baby e/d		Gisela
	07:00 – 08:00	Wake Up Pilates	I-II	Stefan
	09:30 – 10:30	ONLINE Pilates	I-II	Cristina
	10:30 – 11:45	ONLINE YAES! Yoga e/d		Gisela
	12:00 – 13:00	ONLINE Prenatal Yoga e/d		Gisela
	12:00 – 13:00	ONLINE Pilates	I-III	Stephanie
	13:30 – 14:30	ONLINE Postnatal Yoga with Baby e/d		Gisela
	17:45 – 18:45	ONLINE Schwangerschaft & Pilates		Sylvia
19:00 – 20:00	ONLINE Pilates meets Yoga	I-III	Haeyeon	
Freitag	08:30 – 09:30	ONLINE Pilates	I-II	Melanie
	09:45 – 10:45	ONLINE Pilates Best Age		Melanie
Samstag	09:00 – 10:00	ONLINE Samstagspilates	I-III	Claudia
	10:30 – 11:30	ONLINE Rückbildung mit Pilates ab 7.11.		Claudia
Sonntag	12:00 – 13:00	ONLINE Schwangerschaft & Pilates		Claudia
	10:00 – 11:00	ONLINE LIVE Pilates	I-III	Amanda
	16:45 – 17:45	ONLINE LIVE Pilates	I-III	Haeyeon

Stufen: I = Beginner, II = Mittel, III = Fortgeschritten