

# Stundenplan Yoga- & Pilates- Studio

Kirchplatz 1, 6074 Giswil

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Morgens					
			08.30 - 09.30 Pilates	08.15 - 09.15 Pilates Best Age	07.15 - 08.15 Meditation
					08.30 - 09.45 Hatha-Yoga 1 plus
					10.00 - 11.15 Yoga n. Ansage
Abends					
18.30 - 19.30 Pilates	18.00 - 19.15 Hatha-Yoga 1		18.30 - 19.30 Pilates		
	19.20 - 19.50 Open Class		20.00 - 21.00 Pilates Sport		

**Yoga**

Yvonne Kathriner

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**Pilates**

Sonja Berwert

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**SAMO**Therapie

