

Stundenplan Yoga- & Pilates- Studio

Kirchplatz 1, 6074 Giswil

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
Morgens					
				08.15 - 09.15 Pilates Best Age	
				09.30 - 10.30 Pilates	08.30 - 09.45 Morning Flow / Partner-Yoga
Abends					
18.30 - 19.30 Pilates	17.45 - 18.05 Open Class	18.00 - 19.15 Hatha-Yoga	18.30 - 19.30 Pilates		
20.00 - 21.00 Pilates Sport	18.15 - 19.30 Hatha-Yoga	19.30 - 20.45 Hatha-Yin-Yoga	20.00 - 21.00 Pilates Sport		
	19.45 - 20.30 Open Meditation/ Yoga Nidra				

Yoga

Yvonne Kathriner

kontakt@yoga-ishwari.ch / 041 662 47 74

Pilates

Sonja Berwert

info@samotherapie.ch / 041 675 16 46



