

Stundenplan Yoga- & Pilatesstudio

Kirchplatz 1, 6074 Giswil



Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
		8.30 - 9.45 Hatha-Yin-Yoga		7.45 - 8.45 Pilates Best Age	9.15 - 10.30 Morning Flow
				9.00 - 10.00 Pilates	
18.30 - 19.30 Pilates	18.15 - 19.30 Hatha-Yoga	18.15 - 19.30 Hatha-Yoga	18.30 - 19.30 Pilates		
20.00 - 21.00 Pilates Sport	19.45 - 20.30 Meditation / Yoga Nidra	19.45 - 21.00 Hatha-Yin-Yoga	20.00 - 21.00 Pilates Sport		

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