



online & live classes at the same time

## Group classes                      2021                      Studio timetable

Monday	Tuesday	Wednesday	Thursday	Friday
08:45 <b>Pilates &amp; Slings</b>	08:00 <b>Pilates &amp; Slings</b>		09:15 <b>Pilates &amp; Slings</b>	
10:00 <b>Pilates &amp; Slings</b>	10:30 <b>Pilates &amp; Slings</b>		10:30 <b>Pilates with only at    ARC or MOTR the studio</b>	
			18:00 <b>Pilates &amp; Slings men &amp; women</b>	

**Offer of weekly classes at the studio when regulations issued by the federal Office of Public Health allow re-opening.**

Classes geared towards healthy adults. Participants to take out their own insurance coverage.

No mat classes during the school holidays of the town of Zurich. Classes Qualitop/Qualicert recognised.

Changes herewith reserved.

For individual sessions: appointments by arrangement

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