



online classes will be added when needed

## Group Classes

2024

## Studio Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
08:45 <b>Pilates &amp; Slings</b> online & live  10:00 <b>Pilates &amp; Slings</b>	08:00 <b>Pilates &amp; Slings</b>  10:30 <b>Pilates &amp; Slings</b>		09:15 <b>Pilates &amp; Slings</b>  18:15 <b>Pilates &amp; Slings men &amp; women</b>	

### Offer of weekly classes - online every Monday

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