Physioloft

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Kursplan ab 19. Oktober 2026

| | Montag | Dienstag | Mi. | Donnerstag | Freitag |
|---|---|---|---|---|---|
| Morgen | **09⁰⁰–09⁵⁵ Best of Bodywork** „all in one" Pilates + Yoga + Faszientraining | | | | **09⁰⁰–09⁵⁵ Best of Bodywork** „all in one" Pilates + Yoga + Faszientraining |
| | **10⁰⁰–10⁵⁵ Best of Bodywork** „all in one" Pilates + Yoga + Faszientraining | | | | **10⁰⁰–10⁵⁵ Nia** |
| Abend | | **18⁰⁰–18⁵⁵ Best of Bodywork** „all in one" Pilates + Yoga + Faszientraining | | **17⁰⁰–17⁵⁵ Best of Bodywork** „all in one" Pilates + Yoga + Faszientraining | |
| | | **19⁰⁰–19⁵⁵ Best of Bodywork** „all in one" Pilates + Yoga + Faszientraining | | **18⁰⁰–18⁵⁵ Best of Bodywork** „all in one" Pilates + Yoga + Faszientraining | |

**Online Training:**
www.physioloft-online.ch