

Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08:45 – 09:45	Pilates			Pilates	Pilates
10:00 – 11:00	Pilates			Seniors Pilates	Seniors Pilates
17:30 - 18:30					
18:00 – 19:00	Pilates		Pilates	Pilates	
18:45 - 19:45		Pilates			
19:15 – 20:15	Pilates		Pilates	Power Yoga	
20:00 – 21:00		Pilates			

Ongoing courses

Inquiries 079 323 55 84 or info@pilates-richterswil.ch