

CLASSES

Private

Your lesson is custom-made to address your specific needs and to reach your personal goals. Your training takes place on the premises of www.pilateswerft.ch a fully equipped Pilates studio beautifully situated right on the lake of Zurich in Wädenswil.

Groups

Tuesday:	10.15 – 11.15am	Beginner/intermediate
	11.45 – 12.30am	Lunchtime class – all levels
	12.30 – 1.15pm	Lunchtime class – all levels
Wednesday:	8.45 – 9.45am	Beginner/intermediate
	10.00 – 11.00am	Intermediate/advanced

Group classes take place at Yoga Sivananda Yoga Center: www.yoga-sivananda.ch
Sihleggstrasse 1, Wollerau.

General policies:

- A new student training session is strongly recommended before joining any group class
- Classes are 60 minutes, lunchtime classes 45 minutes in length
- 24-hour cancelation policy