

Mat & Equipment Classes

Monday	20:00	Mat Pilates	Esther
Tuesday	09:00	Equipment Pilates	Patricia
	10:00	Equipment Pilates	Patricia
	14:00	Equipment Pilates	Patricia
	19:00	Equipment Pilates	Patricia
Wednesday	18:30	Mat Pilates	Karina
	19:30	Mat Pilates	Esther
Thursday	18:30	Equipment Pilates	Esther
	19:30	Mat Pilates	Esther
Saturday	10:00	Equipment Pilates	Karina

**The courses take place if there are enough participants.
Registration is required for all group courses.**

Prices

price per person incl. VAT

Private Pilates, Gyrotonic®, Yoga

single session	CHF 150.-
10 sessions	CHF 1380.-

Duett Pilates, Yoga

single session	CHF 95.-
10 sessions	CHF 850.-

Pilates Group Equipment Pilates

single session	CHF 65.-
10 sessions	CHF 530.-

Pilates Group Mat Pilates

single session	CHF 40.-
10 sessions	CHF 300.-

Self-Training on the Pilates Equipment

advanced level only	CHF 60.-/h
---------------------	------------

Online Pilates, Yoga

upon request	
--------------	--

Conditions

- Prices for group classes are subject to change in case of reduced number of participants.
- Each session last 55 minutes / subscription 4 month validity.
- Cancellation of all classes/sessions must be notified 24 hours prior to the booked lesson time.
- GTC Pilates Time - VAT CHE-443.170.954 (10/23)