



# Yoga & Pilates

**Yoga & Pilates Studio • Jeannette Perucchi**

Grüntalstrasse 24 • 8405 Winterthur • beim Bahnhof Seen

[www.yoga-pilates-winterthur.ch](http://www.yoga-pilates-winterthur.ch) • [info@yoga-pilates-winterthur.ch](mailto:info@yoga-pilates-winterthur.ch)

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## Montag

18.30 - 19.45	Hatha Yoga	75'
20.00 - 21.00	Pilates	60'

## Dienstag

08.30 - 09.30	Pilates	60'
09.45 - 11.00	Hatha Yoga	75'
17.10 - 18.10	Pilates	60'
18.30 - 19.30	Pilates	60'
20.00 - 21.00	Pilates	60'

## Donnerstag

08.30 - 09.45	Hatha Yoga	75'
10.05 - 11.05	Senioren-Gym	60'
18.30 - 19.45	Hatha Yoga	75'
20.00 - 21.15	Hatha Yoga	75'

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dipl. Yogalehrerin BDY/EYU, YS • dipl. WellnessTrainerin  
Grüntalstrasse 24 • 8405 Winterthur • beim Bahnhof Seen  
052 233 58 30 • 079 676 15 01  
info@yoga-pilates-winterthur.ch  
www.yoga-pilates-winterthur.ch