

# PILATESFLOWS

The Pilatesflows method is a combination of physiotherapy, osteopathy and Pilates and is based on the latest fascia and sports science. The individuality of each person is the focus, which makes this a safe and very effective training for all ages and fitness levels.

**TUESDAYS 18:10 - 18:55**

Cubus Training / Baarerstrasse 137

**45 MIN GROUP CLASS**

Single admission: 30.- / 10x: 270.-

**INSTRUCTOR**

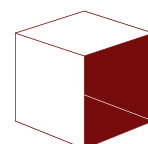
Bianca Wyrsh (Pilatesflows instructor)

**TO BRING**

Sports wear, towel, water bottle

**REGISTRATION**

via [kurs@cubusphysio.ch](mailto:kurs@cubusphysio.ch)  
or 076 670 21 35 (Bianca)



**CUBUS  
TRAINING**