

BESCHREIBUNG KURSANGEBOT:

POSTPARTUM COURSE

Kursnummer: 251216

Ort:	Rialto, Kursschwimmbecken Bahn 2
Adresse:	Birsigstrasse 45 4054 Basel

Lerninhalt:	Start with targeted postpartum gymnastics to build your body and get in shape after pregnancy. The goal of the class is to strengthen the pelvic floor and core with stretching and strengthening exercises.
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This course is recommended after a natural birth at the earliest from approx. 6-8 weeks, after a caesarean section from approx. 10-12 weeks.

The course takes place without babies.

It is possible to join at any time.

Trainer:	Knechtli1 Team	
Kursniveau:		
Bemerkung:		
Kosten:	513.00 CHF	
detaillierte	<u>Lektionen: 19</u>	
Termine:	Datum	Uhrzeiten
	15.05.2025	17:15 - 18:00
	22.05.2025	17:15 - 18:00
	05.06.2025	17:15 - 18:00
	12.06.2025	17:15 - 18:00
	19.06.2025	17:15 - 18:00

26.06.2025 17:15 - 18:00
