

## BESCHREIBUNG KURSANGEBOT:

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### POSTPARTUM COURSE

Kursnummer: 261143

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Ort: Rialto, Sportbecken Bahn 3  
Adresse:  
Birsigstrasse 45  
4054 Basel

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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.

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.

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Trainer: Andrea Mäder

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Kursniveau:

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Bemerkung:

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Kosten: 378.00 CHF

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detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	21.05.2026	19:50 - 20:35
	28.05.2026	19:50 - 20:35
	04.06.2026	19:50 - 20:35
	11.06.2026	19:50 - 20:35
	18.06.2026	19:50 - 20:35

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