

MOVEMENT PRACTICE BERN

WEEKLY TIMETABLE

Indoor season
Autumn / Winter '26/27

→ CLASSES EACH WEEK

	MONDAY	TUESDAY	FRIDAY	SATURDAY
CLASS ONE	**MOVEMENT PRACTICE** 17:30 – 18:30	**HANDSTAND & INVERSION** 17:30 – 18:45	**MOVEMENT PRACTICE** 17:30 – 18:30	**PHYSICAL PREPAREDNESS** 13:30 – 14:30
CLASS TWO	**DEEP-FIELD PRACTICE** 18:30 – 19:30		**DEEP-FIELD PRACTICE** 18:30 – 19:30	
WHERE	**Oase, Bern** Hochfeldstrasse 49 3012, Bern MAP ↗	**Atelier Wildstrasse** Wildstrasse 8 3005, Bern MAP ↗	**Tanzhaus Bern** Dalmaziquai 69 3005, im Brückenpfeiler MAP ↗	**Rope Fitness** Thunstrasse 8a 3005, Bern MAP ↗

→ CLASSES

MP / Movement Practice
Radical movement education. Movement fundamentals combined with coordination training, cognitive sharpening & capacity development, in solo, partner & group practice. Open, accessible & essential for all.

MP / Deep-Field Practice
Progressive practice in the 'deep-fields' from which all disciplines, sports, practices & activities find roots: Dance, Fighting, Acrobatics, Athletics & Inner-work. Each cycle runs for 6–8 weeks before the focus changes.

PP / Physical preparedness
Optimising the body for high-quality performance (strength, mobility, elasticity, structural integrity & conditioning) through progressive skill-learning.

HSI / Handstand & Inversion
A progressive, ground-up process toward the 2-arm handstand, combined with injury prevention. Complete beginners welcome, as well as intermediate practitioners looking to push their practice further.

→ JOIN THE MOVEMENT

TO JOIN YOUR FIRST CLASS:
Contact Jason: **+41 78 656 16 42**

TO SIGN UP FOR A CLASS:
Class registration ↗

COST

Single class	CHF 30.-
Double class	CHF 45.-
12er abo	CHF 250.-

12er abo: 6 month expiry.
Free-trial classes by referral only.

PAYMENT
TWINT (1x & 2x classes)
+41 78 656 16 42
Write name & class date

Bank transfer (for abos)
MoveMore Movement Practice
CH79 0900 0000 1542 6199 5
Nidau, 2560