

The F2 System – An Evolution in Pilates Equipment Design and Function

November 21 and 22, 2026

Lecturer: Mariam Younossi, BASI Pilates Senior Faculty

Participant Information

First Name: _____

Last Name: _____

Address: _____

Mobile Phone: _____

Email: _____

Pilates Experience

BASI Pilates Student

Certified BASI Pilates Teacher

Certified Teacher of Other Methods

Other: _____

Location: BASI Pilates Academy, Lugano (Via Vanoni 3, 6900 Lugano, Switzerland)

Language: English (translation in Italian available if needed)

Saturday: 10:00 AM – 5:00 PM (including a break)

Sunday: 09:00 AM – 4:00 PM (including a break)

Tuition Fees

Early Bird Rate: CHF 495.- (until May 15, 2026)

Standard Rate: CHF 550.- (from May 16, 2026)

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