VOLTA YOGA ST. JOHANN

Ab November 2026

Alle Klassen für alle Level geeignet, ausser Vinyasa (mind. 3 Monate Yoga-Erfahrung).
All classes suitable for all levels, except Vinyasa (2-3 months of experience).

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	06:45-07:45 **Slow Vinyasa** Simone W.					
09:00-10:00 **Slow Vinyasa (EN)** Charlotte		10:00-11:00 **Hatha** Nico		09:30-10:30 **Gentle Hatha** Anya	10:00-11:00 **Vinyasa** Nico/Anya	11:00-12:00 **Sonntags-Klasse** div. Teacher
12:15-13:15 **Hatha Stretch** Nico	12:15-13:15 **Hatha** Helen	12:30-13:30 **Vinyasa** (EN) Nico	12:15-13:15 **Ashtanga Vinyasa** (EN) Rita	12:30-13:30 **Slow Vinyasa** (EN) Anya		
18:15-19:30 **Vinyasa** (EN) Charlotte	18:00-19:15 **Hatha** Nico	18:15-19:30 **Slow Vinyasa** Anya	18:30-19:30 **Slow Vinyasa** Sabrina	17:30-18:30 **Vinyasa** Fiona		17:00-18:15 **Sonntags-Klasse** div. Teacher
18:30-19:30 **Prenatal** Rahel	18:30-19:30 **Yin (EN)** Charlotte					
		20:00-21:15 **Yin & Nidra** Anya				

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