

VOLTA YOGA Stundenplan

Ab 13. Februar 2023

Alle Klassen für alle Level geeignet, ausser Vinyasa Intermediate.

All classes suitable for all levels, except Vinyasa Intermediate.

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		06:45-07:45 Slow Vinyasa Charlotte				
09:00-10:00 Slow Vinyasa (E) Charlotte	08:30-09:30 Vinyasa Joana		09:00-10:00 Power Yoga (E) Anika		09:30-11:00 Vinyasa Intermediate Nico	
				10:00-11:00 Gentle Hatha Anya		
12:15-13:15 Slow Vinyasa Ladina	12:15-13:15 Slow Vinyasa Nico	12:15-13:15 Power Yoga (E) Nico	12:15-13:15 Vinyasa (E) Anya	12:15-13:15 Vinyasa Intermediate (E) Anya	11:30-12:30 Slow Vinyasa Ladina & Joana	11:00-12:00 Sonntags-klasse
17:15-18:15 Vinyasa Lea	17:15-18:15 Vinyasa Nico	17:30-18:30 Hatha Nora		17:15-18:15 Slow Vinyasa Lea		17:45-19:00 Sunday Class
18:30-19:45 Slow Vinyasa Anya	18:30-19:30 Hatha Nico	19:00-20:30 Vinyasa (E) Anya	18:00-19:15 Vinyasa Intermediate (E) Nico	18:30-19:30 Yin Lea		
20:00-21:15 Yin Anya	20:00-21:00 Yin Charlotte		19:45-21:00 Slow Vinyasa & Yin Nico			