

VOLTA YOGA Stundenplan

Ab 1. April 2024

Alle Klassen für alle Level geeignet, ausser Vinyasa Intermediate (mind. 6 Monate Yogaerfahrung).
All classes suitable for all levels, except Vinyasa Intermediate (at least 6 months of experience).

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
		06:45-07:45 Slow Vinyasa Laura	06:45-07:15 Meditation nur online! Anya			
09:00-10:00 Slow Vinyasa (E) Charlotte		09:30-10:30 Slow Vinyasa Joana	09:00-10:00 Gentle Hatha & Nidra Eva			
				10:00-11:00 Gentle Hatha Anya	10:00-11:00 Vinyasa Nico	
12:15-13:15 Slow Vinyasa Nora E.	12:15-13:15 Slow Vinyasa Nico	12:15-13:15 Power Flow (E) Nico	12:15-13:15 Vinyasa (E) Anya	12:15-13:15 Slow Vinyasa (E) Anya	11:30-12:30 Slow Vinyasa Ladina/Lea	11:00-12:00 Sonntags- klasse
17:00-18:00 Vinyasa (E) Charlotte	17:15-18:15 Vinyasa Nico	17:30-18:30 Hatha Nora P.		17:15-18:15 Slow Vinyasa Lea		17:45-19:00 Sunday Class
18:30-19:30 Slow Vinyasa Anya	18:45-19:45 Hatha Nico	19:00-20:30 Vinyasa (E) Anya	18:00-19:15 Vinyasa (E) Nico	18:30-19:30 Yin Lea		
20:00-21:15 Yin Anya	20:15-21:15 Yin Charlotte		19:45-21:00 Slow Vinyasa & Yin Nora P.			