

# VOLTA YOGA Stundenplan

Ab 2. August 2023

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 <b>Slow Vinyasa</b> Charlotte				
09:00-10:00 <b>Slow Vinyasa (E)</b> Charlotte			09:00-10:00 <b>Gentle Hatha &amp; Nidra</b> Anika		09:30-11:00 <b>Vinyasa Intermediate</b> Nico	
		10:00-11:00 <b>Slow Vinyasa</b> Pascal		10:00-11:00 <b>Gentle Hatha</b> Anya		
12:15-13:15 <b>Slow Vinyasa</b> Nora E.	12:15-13:15 <b>Slow Vinyasa</b> Nico	12:15-13:15 <b>Power Flow (E)</b> Nico	12:15-13:15 <b>Vinyasa (E)</b> Anya	12:15-13:15 <b>Vinyasa (E)</b> Anya	11:30-12:30 <b>Slow Vinyasa</b> Ladina & Lea	11:00-12:00 <b>Sonntags-klasse</b>
17:00-18:00 <b>Vinyasa</b> Rahel	17:15-18:15 <b>Vinyasa</b> Nico	17:30-18:30 <b>Hatha</b> Nora P.		17:15-18:15 <b>Slow Vinyasa</b> Lea		17:45-19:00 <b>Sunday Class</b>
18:30-19:30 <b>Slow Vinyasa</b> Anya	18:45-19:45 <b>Hatha</b> Nico	19:00-20:30 <b>Vinyasa (E)</b> Anya	18:00-19:15 <b>Vinyasa</b> Nico	18:30-19:30 <b>Yin</b> Lea		
20:00-21:15 <b>Yin</b> Anya	20:15-21:15 <b>Yin</b> Charlotte		19:45-20:45 <b>Yin</b> Nico			