

# VOLTA YOGA INNENSTADT

Ab 5. Mai 2025

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
09:00-10:00 <b>Slow Vinyasa</b> (E) Charlotte			09:00-10:00 <b>Gentle Hatha &amp; Nidra</b> Eva			
12:15-13:15 <b>Slow Vinyasa</b> Nora E.	12:15-13:15 <b>Slow Vinyasa</b> Nico	12:15-13:15 <b>Yin</b> Charlotte	12:15-13:15 <b>Vinyasa</b> (E) Anya	12:15-13:15 <b>Power Flow</b> (E) Laura	11:00-12:00 <b>Slow Vinyasa</b> Ladina/ Chiara	
18:00-19:15 <b>Slow Vinyasa</b> Anya	17:45-19:00 <b>Slow Vinyasa</b> Simone	17:30-18:30 <b>Hatha</b> Nora P.	18:00-19:15 <b>Vinyasa</b> Nico	17:15-18:15 <b>Slow Vinyasa</b> Nora E.		17:00-18:15 <b>Sunday Class</b>
19:45-21:00 <b>Deep Yin (E)</b> Anya		19:00-20:15 <b>Vinyasa</b> (E) Laura	19:45-20:45 <b>Yin</b> Nico	18:45-19:45 <b>Yin</b> Patrizia		