

VOLTA YOGA ST. JOHANN

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
	06:45-07:45 Slow Vinyasa Chiara	10:00-11:00 Chair Yoga Nico		09:30-10:30 Gentle Hatha Anya	10:00-11:00 Vinyasa Nico	11:00-12:00 Sonntags-Klasse
12:15-13:15 Vinyasa & Nidra Eva	12:15-13:15 Hatha Helen	12:30-13:30 Vinyasa (E) Nico	12:15-13:15 Slow Vinyasa Chiara	12:30-13:30 Slow Vinyasa (E) Anya		
18:00-19:15 Vinyasa (E) Charlotte	18:00-19:15 Hatha Nico	18:15-19:30 Slow Vinyasa Anya	18:00-19:00 Feet-Up Yoga Sylvie			
18:30-19:30 Prenatal Nora E.			18:30-19:45 Slow Vinyasa & Yin Nora P.			
	19:45-21:00 Yin (E) Charlotte	20:00-21:15 Yin & Meditation Anya	19:30-20:30 Yoga Basics Sylvie			