VOLTA YOGA INNENSTADT

Ab November 2026

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 **Hatha** Eva			
12:15-13:15 **Slow Vinyasa** Nora E.	12:15-13:15 **Slow Vinyasa** Nico	12:15-13:15 **Yin** Charlotte	12:15-13:15 **Vinyasa** (EN) Anya	12:15-13:15 **Ashtanga Vinyasa** (EN) Rita	11:00-12:00 **Slow Vinyasa** (EN) Joana/ Simone P.	11:30-12:30 **Sunday Class** div. Teacher
18:00-19:15 **Slow Vinyasa** (EN) Anya	17:45-19:00 **Slow Vinyasa** Simone W.	18:00-19:15 **Ashtanga Vinyasa** (EN) Rita	18:00-19:30 **Vinyasa Intermediate** Nico	17:15-18:30 **Slow Vinyasa & Yin** Marija		
19:45-21:00 **Yin** (EN) Anya						

www.voltayoga.ch/stundenplan