

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