

Niyama Stundenplan

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|-------------------------|--|---|---|---|---|---|
| Morgen Raum 1 | 9.00 - 10.00 Pilates 50+ Monica | 6.45 - 7.45 Yoga in English all levels Yannick | | | 6.45 - 7.45 Yoga in English all levels Yannick | 10.00 - 11.00 Poweryoga alle Level Regula |
| | 10.30 - 11.30 Yoga alle Level Kim | 9.15 - 10.30 Yoga in English all levels Suzanne | 9.15 - 10.15 Poweryoga alle Level Regula | 10.00-11.00 Pilates alle Level Bernhard | 10.45 - 11.45 Yoga alle Level Regula | 11.20 - 12.20 Pilates alle Level Regula |
| Raum 2 | | | | 9.15 - 10.15 Yoga in English all levels Suzanne | 9.15 - 10.30 Yoga in English all levels Suzanne | 10.00 - 11.00 Poweryoga alle Level wechselnde Teacher |
| | | | | | | 11.30 - 12.30 Yoga in English all levels Anna |
| Mittag Raum 1 | 12.30 - 13.30 Yoga in English all levels Suzanne | 12.15 - 13.15 Yoga in English all levels Regula | 12.15 - 13.15 Yoga in English all levels Kim | 12.15 - 13.15 Yoga in English all levels Regula | 12.15 - 13.15 Yoga alle Level Regula | |
| Raum 2 | 12.15 - 13.15 Pilates in English all levels Serra | 12.00 - 13.00 Pilates alle Level Leela | 12.30 - 13.30 Poweryoga Level: Mittel Regula | 12.15 - 13.15 Pilates alle Level Janine | 12.15 - 13.15 Pilates alle Level Monica | |
| Abend Raum 1 | 17.30 - 18.30 Yoga alle Level Kim | 17.45 - 19.00 Yin Yoga alle Level Regula | 17.30 - 18.30 Pilates alle Level Regula | 17.30 - 18.30 Pilates alle Level Annie | | 16.00 - 17.30 Yoga in English Intermediate level Yannick |
| | 19.30 - 20.30 Yoga in English all levels Sonia | 19.15 - 20.15 Yoga alle Level Anna | 18.45 - 20.00 Poweryoga Level: Mittel Regula | 18.45 - 19.45 Pilates in English all levels Regula | 18.30 - 19.30 Poweryoga in English all levels Regula | |
| | | | | 20.00 - 21:00 Poweryoga in English all levels Lorena | | |
| Raum 2 | 17.15 - 18.15 Pilates alle Level Bernhard | 17.45 - 18.45 Faszien Yoga alle Level Janine | 17.45 - 18.45 Yoga alle Level Anna | 18.30 - 20.00 Vinyasa Flow & Yin Yoga alle Level Kim | | |
| | 18.30 - 19.30 Poweryoga alle Level Bernhard | 19.00 - 20.00 Pilates alle Level Janine | 19.15 - 20.15 Yoga alle Level Bianca | | | |
| | | 20.15 - 21.15 Yoga in English all levels wechselnde Teacher | | | | |

Gültig ab 1. Januar 2019. Alle Kurse können ohne Voranmeldung besucht werden.

Niyama, Studio für Yoga & Pilates, Falknerstrasse 35, 4001 Basel, www.niyama-yoga.ch