

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 d/e 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	11.30 - 12.30 Yoga in English all levels Luisa
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 Agnes	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 Tina	17.45 - 19.00 Yin Yoga alle Level Regula	17.30 - 18.30 Pilates alle Level Regula	17.45 - 18.45 Pilates d/e alle Level Annie		16.00 - 17.30 Yoga in English Intermediate level Yannick
	19.30 - 20.30 Yoga in English all levels Bianca	19.15 - 20.15 Yoga alle Level Regula	18.45 - 20.00 Poweryoga in English Intermediate level Regula	19.15 - 20.15 Poweryoga in English all levels Lorena	18.30 - 19.30 Poweryoga in English all levels Michèle	
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 Luisa	18.30 - 20.00 Vinyasa Flow & Yin Yoga alle Level Michèle		
	18.30 - 19.30 Poweryoga alle Level Bernhard	19.00 - 20.00 Pilates alle Level Janine	19.15 - 20.15 Yoga alle Level Bianca			

Gültig ab 14. Oktober 2019. Alle Kurse können ohne Voranmeldung besucht werden.

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