

# Niyama Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<b>9.00 – 10.00</b> Pilates 50+ Monica (1) <sup>A</sup>	<b>6.45 – 7.45</b> Yoga (EN) all levels Yannick (1)	<b>9.15 – 10.15</b> Power Yoga alle Level Regula (1)	<b>9.15 – 10.15</b> Yoga (EN) all levels Suzanne (1)	<b>6.45 – 7.45</b> Yoga (EN) all levels Yannick (1)	<b>10.00 – 11.00</b> Power Yoga alle Level Regula (1)
<b>10.30 – 11.30</b> Yoga (EN) all levels Suzanne (1)	<b>9.15 – 10.30</b> Yoga (EN) all levels Suzanne (1)			<b>10.45 – 11.45</b> Yoga alle Level Regula (1)	<b>10.00 – 11.00</b> Community Yoga all levels (EN) Teacher <sup>C</sup> (2)
					<b>11.20 – 12.20</b> Pilates (DE/EN) alle Level Regula (1)
					<b>11.30 – 12.30</b> Yoga (EN) all levels Luisa (2)
<b>12.15 – 13.15</b> Yoga (EN) all levels Suzanne (1)	<b>12.00 – 13.00</b> Pilates alle Level Leela (2)	<b>12.15 – 13.15</b> Power Yoga Level: Mittel Regula (1)	<b>12.15 – 13.15</b> Yoga (EN) all levels Regula (1)	<b>12.15 – 13.15</b> Yoga alle Level Regula (1)	
<b>12.15 – 13.15</b> Pilates alle Level Monica (2)	<b>12.15 – 13.15</b> Yoga (EN) all levels Regula (1)	<b>12.15 – 13.15</b> Yoga (EN) all levels Luisa (2)	<b>12.15 – 13.15</b> Pilates alle Level Janine (2)	<b>12.15 – 13.15</b> Pilates alle Level Monica (2)	
<b>17.15 – 18.15</b> Pilates alle Level Bernhard (2)	<b>17.45 – 19.00</b> Yin Yoga alle Level Regula (1)	<b>17.30 – 18.30</b> Pilates alle Level Regula (1)	<b>17.45 – 18.45</b> Pilates (DE/EN) alle Level Annie (1)	<b>17.15 – 18.15</b> Community Yoga all levels (EN) Teacher <sup>B</sup> (2)	<b>16.00 – 17.15</b> Yoga (EN) intermediate Yannick (1)
<b>17.30 – 18.30</b> Yoga alle Level Luisa (1)	<b>17.45 – 18.45</b> Faszien Yoga alle Level Janine (2)	<b>17.45 – 18.45</b> Yoga alle Level Luisa (2)	<b>18.00 – 19.30</b> Vinyasa & Yin alle Level Michèle (2)	<b>18.15 – 19.15</b> Power Yoga (EN) all levels Michèle (1)	
<b>18.30 – 19.30</b> Power Yoga alle Level Bernhard (2)	<b>19.00 – 20.00</b> Pilates alle Level Janine (2)	<b>18.45 – 20.00</b> Power Yoga (EN) intermediate Regula (1)	<b>19.15 – 20.15</b> Yoga (EN) all levels Lorena (1)		
<b>19.00 – 20.00</b> Yoga (EN) all levels Melanie (1)	<b>19.15 – 20.15</b> Yoga alle Level Regula (1)	<b>19.15 – 20.15</b> Yoga alle Level Bianca (2)			

<sup>A</sup> (1) = Raum 1; (2) = Raum 2

<sup>B</sup> Patrick, Sibylle & Simone (Start: 21. August)

<sup>C</sup> Rachel, Clivia & Alessia (Start: 22. August)

Gültig ab 10. August 2020

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