

Niyama Stundenplan (29. Juni – 9. August)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
10.30 – 11.30 Vinyasa Yoga alle Level Lara (1)*		9.15 – 10.15 Power Yoga alle Level Regula (1)		6.45 – 7.45 Vinyasa Yoga Veronica (1) NICHT: 31.7./7.8.	10.00 – 11.00 Power Yoga alle Level Regula (1)
				10.45 – 11.45 Vinyasa Yoga alle Level Regula (1)	11.20 – 12.20 Pilates (DE/EN) alle Level Regula (1)
					11.30 – 12.30 Vinyasa Yoga (EN) all levels Nisrine (2)
12.15 – 13.15 Vinyasa Yoga (EN) all levels Lara (2)	12.15 – 13.15 Vinyasa Yoga (EN) all levels Regula (1)	12.15 – 13.15 Vinyasa Yoga (EN) all levels Martina/Regula (1)	12.15 – 13.15 Vinyasa Yoga alle Level Regula (1)	12.15 – 13.15 Vinyasa Yoga alle Level Regula (1)	
12.15 – 13.15 Pilates (DE/EN) alle Level Melanie (1)	12.15 – 13.15 Pilates (DE/EN) alle Level Leela/Melanie (2)			12.15 – 13.15 Pilates (DE/EN) alle Level verschiedene Teacher	
17.30 – 18.30 Vinyasa Yoga (EN) all levels Rachel (1)	17.45 – 19.00 Yin Yoga alle Level Regula (1)	17.30 – 18.30 Pilates (DE/EN) alle Level Regula (1)	17.45 – 18.45 Vinyasa Yoga alle Level Julia (1)	18.15 – 19.15 Outdoor Yoga [#] Lara, (DE/EN) NICHT: 31.7.	
18.45 – 19.45 Yin Yoga (EN) all levels Rachel (1)	18.00 – 19.00 Vinyasa Yoga alle Level Nisrine (2)	17.45 – 18.45 Vinyasa Yoga alle Level Rachel (2)			
	19.15 – 20.15 Pilates (DE/EN) alle Level Melanie (2)	18.45 – 20.00 Power Yoga (EN) all levels Martina (1)			
	19.15 – 20.15 Vinyasa Yoga alle Level Regula (1)	19.00 – 20.00 Slow Flow Yoga alle Level Annette (2)			

Fitpass Mitglieder: 1 Eintritt pro Woche in alle Lektionen, ausser Samstag. Die Lektionen am Samstag sind nicht im Fitpass inklusive.

* (1) = Raum 1; (2) = Raum 2

Outdoor Yoga: Unterer Rheinweg 50, 4057 Basel

Samstag, 1. August: 11.30 – 12.30: Vinyasa Yoga (EN), Nisrine