

Niyama Stundenplan (2. Juli – 14. August)

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
10.30 – 11.30 Yoga (EN) all levels Michèle (1)	6.45 – 7.45 Yoga (EN) all levels Alessia (1)	9.15 – 10.15 Power Yoga alle Level Regula (1)		10.45 – 11.45 Yoga alle Level Regula (1)	10.00 – 11.00 Power Yoga alle Level Regula (1)
					11.20 – 12.20 Pilates (DE/EN) alle Level Regula (1)
					11.30 – 12.30 Yoga (EN) all levels Alessia (2)
12.15 – 13.15 Yoga (EN) all levels Michèle (1)	12.15 – 13.15 Yoga (EN) all levels Regula (1)	12.15 – 13.15 Power Yoga Level: Mittel Regula (1)	12.15 – 13.15 Yoga (EN) all levels Martina (1)	12.15 – 13.15 Yoga alle Level Regula (1)	
	12.15 – 13.15 Pilates Leela (2) nicht am 5.7,12.7.	12.15 – 13.15 Yoga (EN) all levels Michèle (2)	12.15 – 13.15 Faszienpilates Annie (2) nicht am 4.8.	12.15 – 13.15 Pilates alle Level Teacher ^B (2)	
17.30 – 18.30 Yoga alle Level Alessia (1)	17.45 – 19.00 Yin Yoga alle Level Regula (1)	17.30 – 18.30 Pilates alle Level Regula (1)	18.00 – 19.30 Vinyasa & Yin alle Level Michèle (1)	18.15 – 19.15 Power Yoga (EN) all levels Michèle (1)	16.00 – 17.15 Yoga (EN) intermediate Michèle (1)
18.15 – 19.15 Yoga alle Level Priscilla (2)	18.00 – 19.00 Yoga alle Level Teacher ^A (2)	17.45 – 18.45 Yoga alle Level Martina (2)			
19.00 – 20.00 Yoga (EN) all levels Martina (1)	19.15 – 20.15 Yoga alle Level Regula (1)	18.45 – 20.00 Yoga (EN) intermediate level Regula (1)			

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

^A 5.7.: Priscilla, 12.7.: Martina, 19.7.: Ida, 26.7.: Ida, 2.8.: Priscilla, 9.8.: Priscilla

^B 8.7.: Nathalie, 15.7.: Melanie, 22.7.: Nathalie, 29.7.: Melanie, 5.8.: Melanie, 12.8.: Nathalie

1. August: 10.30–11.30: Yoga (EN), Michèle