

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) |
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| 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 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) | |
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| 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) | 17.45 – 18.45 Pilates (DE/EN) Annie (2) nicht am 28.7, 4.8 | 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) | 18.00 – 19.30 Vinyasa & Yin alle Level Michèle (1) | | |
| 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