

Niyama Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9.00 – 10.00 Pilates 50+ Monica (1)*	10.30 – 11.30 Flow Motion Yoga (EN), Marie (2) AB: 10.9.	9.15 – 10.15 Power Yoga alle Level Regula (1)	10.30 – 11.30 Vinyasa Yoga (EN) all levels Martina (1)	6.45 – 7.45 Vinyasa Yoga (EN) all levels Joy (1)	10.00 – 11.00 Power Yoga alle Level Regula (1)
10.30 – 11.30 Vinyasa Yoga (EN) all levels Michèle (1)				10.45 – 11.45 Vinyasa Yoga alle Level Regula (1)	11.20 – 12.20 Pilates (DE/EN) alle Level Regula (1)
				11.00 – 12.00 Pilates 50+ Nathalie (2)	11.30 – 12.30 Vinyasa Yoga (EN) all levels Martina (2)
12.15 – 13.15 Vinyasa Yoga (EN) all levels Michèle (2)	12.15 – 13.15 Vinyasa Yoga (EN) all levels Regula (1)	12.15 – 13.15 Power Yoga Level: Mittel Regula (1)	12.15 – 13.15 Vinyasa Yoga (EN) all levels Regula (1)	12.15 – 13.15 Vinyasa Yoga alle Level Regula (1)	
12.15 – 13.15 Pilates alle Level Rahel B. (1)	12.15 – 13.15 Pilates (DE/EN) alle Level Leela (2)	12.15 – 13.15 Vinyasa Yoga (EN) all levels Martina (2)	12.15 – 13.15 Faszienpilates alle Level Annie (2)	12.15 – 13.15 Faszienpilates alle Level Nathalie (2)	
17.30 – 18.30 Vinyasa Yoga (EN) all levels Silas (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 Simone (1)	18.15 – 19.15 Power Yoga (EN) all levels Michèle (1)	
18.15 – 19.15 Power Yoga alle Level Rahel J. (2)	18.00 – 19.00 Vinyasa Yoga alle Level Ida (2)	17.45 – 18.45 Vinyasa Yoga alle Level Rachel (2)	18.00 – 19.15 Slow Flow & Yin alle Level Lea (2)		
19.00 – 20.00 Vinyasa Yoga (EN) all levels Silas (1)	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 Pilates (DE/EN) alle Level Melanie (1)		
	19.15 – 20.15 Vinyasa Yoga alle Level Regula (1)	19.00 – 20.00 Slow Flow Yoga alle Level Annette (2)			

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

Gültig ab 12. August 2024

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