

Niyama Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9.00 – 10.00 Pilates 50+ Monica (1)	10.30 – 11.30 Vinyasa Yoga (EN) all levels Marie (2)	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 Lara / Nisrine (1)	10.00 – 11.00 Power Yoga alle Level Regula (1)
10.30 – 11.30 Vinyasa Yoga (EN) all levels Lara (1)				10.30 – 11.30 Pilates 50+ Gül (2)	11.20 – 12.20 Pilates (DE/EN) alle Level Regula (1)
				10.45 – 11.45 Vinyasa Yoga alle Level Regula (1)	11.30 – 12.30 Vinyasa Yoga (EN) all levels Nisrine (2)
12.15 – 13.15 Vinyasa Yoga (EN) all levels (2) Julia; ab 27.10.: Lara	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 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 (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 Pilates (DE/EN) alle Level Melanie (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 Julia (1)	18.15 – 19.15 Power Yoga (EN) all levels Michèle (1)	
18.15 – 19.15 Power Yoga alle Level Rahel (2)	18.00 – 19.00 Vinyasa Yoga alle Level Nisrine (2)	17.45 – 18.45 Vinyasa Yoga alle Level Rachel (2)	18.00 – 19.15 Vinyasa & Yin Yoga all levels (EN) Rachel (2)		
18.45 – 19.45 Yin 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)			

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

Gültig ab 13. Oktober 2025

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