

# Niyama Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<b>9.00 – 10.00</b> Pilates 50+ Monica (1)*	<b>6.45 – 7.45</b> Yoga (EN) all levels Alessia (1)	<b>9.15 – 10.15</b> Power Yoga alle Level Regula (1)	<b>10.45 – 11.45</b> Yoga (EN) all levels Martina (1)	<b>6.45 – 7.45</b> Yoga (EN) all levels Sibylle (1)	<b>10.00 – 11.00</b> Power Yoga alle Level Regula (1)
<b>10.30 – 11.30</b> Yoga (EN) all levels Michèle (1)	<b>9.15 – 10.15</b> Yoga (EN) all levels Alessia (1)			<b>10.45 – 11.45</b> Yoga alle Level Regula (1)	<b>11.20 – 12.20</b> Pilates (DE/EN) alle Level Regula (1)
				<b>10.45 – 11.45</b> Pilates 50+ Nathalie (2)	<b>11.30 – 12.30</b> Yoga (EN) all levels Martina (2)
<b>12.15 – 13.15</b> Yoga (EN) all levels Michèle (1)	<b>12.15 – 13.15</b> Yoga (EN) all levels Regula (1)	<b>12.15 – 13.15</b> Power Yoga Level: Mittel Regula (1)	<b>12.15 – 13.15</b> Yoga (EN) all levels Regula (1)	<b>12.15 – 13.15</b> Yoga alle Level Regula (1)	
<b>12.15 – 13.15</b> Pilates alle Level Nathalie (2)	<b>12.15 – 13.15</b> Pilates alle Level Leela (2)	<b>12.15 – 13.15</b> Yoga (EN) all levels Michèle (2)	<b>12.15 – 13.15</b> Faszienpilates alle Level Annie (2)	<b>12.15 – 13.15</b> Pilates alle Level Nathalie (2)	
<b>17.30 – 18.30</b> Ashtanga inspired Vinyasa (DE) Kathrin (1)	<b>17.45 – 19.00</b> Yin Yoga alle Level Regula (1)	<b>17.30 – 18.30</b> Pilates (DE/EN) alle Level Regula (1)	<b>17.45 – 18.45</b> Pilates (DE/EN) Annie (2) ab 1.9.	<b>18.15 – 19.15</b> Power Yoga (EN) all levels Michèle (1)	<b>16.00 – 17.15</b> Yoga (EN) intermediate level Michèle (1)
<b>18.15 – 19.15</b> Yoga alle Level Priscilla (2)	<b>18.00 – 19.00</b> Yoga alle Level Ida <sup>#</sup> (2)	<b>17.45 – 18.45</b> Yoga alle Level Rachel (2)	<b>18.00 – 19.30</b> Vinyasa & Yin alle Level Michèle (1)		
<b>19.00 – 20.00</b> Yoga (EN) all levels Martina (1)	<b>19.15 – 20.15</b> Pilates Melanie (2) ab 30.8.	<b>18.45 – 20.00</b> Creative Yoga Flow (EN) intermediate level Regula (1)	<b>19.00 – 20.00</b> Ashtanga inspired Vinyasa (EN) Kathrin (2) ab 8.9.		
	<b>19.15 – 20.15</b> Yoga alle Level Regula (1)	<b>19.00 – 20.00</b> Yoga alle Level Bianca (2)			

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

# Subs for Ida: 16.8. & 23.8.: Julia; 30.8. – 4.10.: Rachel; ab dem 11.10. ist Ida wieder da

Gültig ab 15. August 2022

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