

# Niyama Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
<b>9.00 – 10.00</b> Pilates 50+ Monica (1)*	<b>10.30 – 11.30</b> Vinyasa Yoga (EN) all levels Marie (2)	<b>9.15 – 10.15</b> Power Yoga alle Level Regula (1)	<b>10.30 – 11.30</b> Vinyasa Yoga (EN) all levels Martina (1)	<b>6.45 – 7.45</b> Vinyasa Yoga (EN) all levels Joy (1)	<b>10.00 – 11.00</b> Power Yoga alle Level Regula (1)
<b>10.30 – 11.30</b> Vinyasa Yoga (EN) all levels Michèle (1)				<b>10.30 – 11.30</b> Pilates 50+ Gül (2)	<b>11.20 – 12.20</b> Pilates (DE/EN) alle Level Regula (1)
				<b>10.45 – 11.45</b> Vinyasa Yoga alle Level Regula (1)	<b>11.30 – 12.30</b> Vinyasa Yoga (EN) all levels Martina (2)
<b>12.15 – 13.15</b> Vinyasa Yoga (EN) all levels Michèle (2)	<b>12.15 – 13.15</b> Vinyasa Yoga (EN) all levels Regula (1)	<b>12.15 – 13.15</b> Power Yoga Level: Mittel Regula (1)	<b>12.15 – 13.15</b> Vinyasa Yoga (EN) all levels Regula (1)	<b>12.15 – 13.15</b> Vinyasa Yoga alle Level Regula (1)	
<b>12.15 – 13.15</b> Pilates (DE/EN) alle Level Melanie (1)	<b>12.15 – 13.15</b> Pilates (DE/EN) alle Level Leela (2)	<b>12.15 – 13.15</b> Vinyasa Yoga (EN) all levels Martina (2)	<b>12.15 – 13.15</b> Faszienpilates alle Level Annie (2)	<b>12.15 – 13.15</b> Pilates (DE/EN) alle Level Melanie (2)	
<b>17.30 – 18.30</b> Vinyasa Yoga (EN) all levels Silas (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> Vinyasa Yoga alle Level Julia J. (1)	<b>18.15 – 19.15</b> Power Yoga (EN) all levels Michèle (1)	
<b>18.15 – 19.15</b> Power Yoga alle Level Rahel (2)	<b>18.00 – 19.00</b> Vinyasa Yoga alle Level Ida (2)	<b>17.45 – 18.45</b> Vinyasa Yoga alle Level Rachel (2)	<b>18.00 – 19.15</b> Slow Flow & Yin alle Level Annette (2)		
<b>18.45 – 19.45</b> Yin Yoga (EN) all levels Silas (1)	<b>19.15 – 20.15</b> Pilates (DE/EN) alle Level Melanie (2)	<b>18.45 – 20.00</b> Power Yoga (EN) all levels Martina (1)	<b>19.15 – 20.15</b> Pilates (DE/EN) alle Level Melanie (1)		
	<b>19.15 – 20.15</b> Vinyasa Yoga alle Level Regula (1)	<b>19.00 – 20.00</b> Slow Flow Yoga alle Level Annette (2)			

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

Gültig ab 3. Januar 2025

Niyama Studio für Yoga & Pilates, Falknerstrasse 35, 4001 Basel, [www.niyama-yoga.ch](http://www.niyama-yoga.ch)