

Niyama Stundenplan

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|---|--|---|--|--|---|
| 9.00 – 10.00 Pilates 50+ Monica (1)* | 9.15 – 10.15 Flow Motion Yoga (EN), all levels Marie (1) | 9.15 – 10.15 Power Yoga alle Level Regula (1) | 10.30 – 11.30 Yoga (EN) all levels Martina (1) | 6.45 – 7.45 Yoga (EN) all levels Sibylle (1) | 10.00 – 11.00 Power Yoga alle Level Regula (1) |
| 10.30 – 11.30 Yoga (EN) all levels Michèle (1) | | | | 10.45 – 11.45 Yoga alle Level Regula (1) | 11.20 – 12.20 Pilates (DE/EN) alle Level Regula (1) |
| | | | | 10.45 – 11.45 Pilates 50+ Nathalie (2) | 11.30 – 12.30 Yoga (EN) all levels Martina (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 Regula (1) | 12.15 – 13.15 Yoga alle Level Regula (1) | |
| 12.15 – 13.15 Pilates alle Level Rahel (2) | 12.15 – 13.15 Pilates alle Level Leela (2) | 12.15 – 13.15 Yoga (EN) all levels Michèle (2) | 12.15 – 13.15 Faszienpilates alle Level Annie (2) | 12.15 – 13.15 Faszienpilates alle Level Nathalie (2) | |
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| 17.30 – 18.30 Yoga alle Level Kathrin (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 Intervall Pilates (DE/EN) Annie (2) | 18.15 – 19.15 Power Yoga (EN) all levels Michèle (1) | |
| 18.15 – 19.15 Power Yoga alle Level Priscilla (2) | 18.00 – 19.00 Yoga alle Level Ida (2) | 17.45 – 18.45 Yoga alle Level Rachel (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 Pilates alle Level Melanie (2) | 18.45 – 20.00 Power Yoga (EN) all levels Regula (1) | 19.00 – 20.00 Power Yoga (EN) all levels Michelle R. (2) | | |
| | 19.15 – 20.15 Yoga alle Level Regula (1) | 19.00 – 20.00 Yoga Basics alle Level Annette (2) | | | |

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

Gültig ab 6. März 2023

Niyama Studio für Yoga & Pilates, Falknerstrasse 35, 4001 Basel, www.niyama-yoga.ch