

Niyama Stundenplan

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
9.00 – 10.00 Pilates 50+ Monica (1)*	6.45 – 7.45 Yoga (EN) all levels Yannick (1)	9.15 – 10.15 Power Yoga alle Level Regula (1)	9.15 – 10.15 Yoga (EN) all levels Suzanne (2)	6.45 – 7.45 Yoga (EN) all levels Yannick (1)	10.00 – 11.00 Power Yoga alle Level Regula (1)
10.30 – 11.30 Gentle Yoga (EN) all levels Suzanne (1)	9.15 – 10.30 Yoga (EN) all levels Suzanne (1)		10.00 – 11.00 Pilates alle Level Bernhard (1)	9.15 – 10.30 Yoga (EN) all levels Suzanne (2)	10.00 – 11.00 Power Yoga (EN) all levels Lenya (2)
				10.45 – 11.45 Yoga alle Level Regula (1)	11.20 – 12.20 Pilates (DE/EN) alle Level Regula (1)
					11.30 – 12.30 Yoga (EN) all levels Luisa (2)
12.15 – 13.15 Pilates alle Level Monica (2)	12.00 – 13.00 Pilates alle Level Leela (2)	12.15 – 13.15 Yoga (EN) all levels Luisa (1)	12.15 – 13.15 Yoga (EN) all levels Regula (1)	12.15 – 13.15 Yoga alle Level Regula (1)	
12.30 – 13.30 Yoga (EN) all levels Suzanne (1)	12.15 – 13.15 Yoga (EN) all levels Regula (1)	12.15 – 13.15 Power Yoga Level: Mittel Regula (2)	12.15 – 13.15 Pilates alle Level Janine (2)	12.15 – 13.15 Pilates alle Level Monica (2)	
17.15 – 18.15 Pilates alle Level Bernhard (2)	17.45 – 19.00 Yin Yoga alle Level Regula (1)	17.30 – 18.30 Pilates alle Level Regula (1)	17.45 – 18.45 Pilates (DE/EN) alle Level Annie (1)	18.30 – 19.30 Power Yoga (EN) all levels Michèle (1)	16.00 – 17.30 Yoga (EN) intermediate Yannick (1)
17.30 – 18.30 Yoga alle Level Luisa (1)	17.45 – 18.45 Faszien Yoga alle Level Janine (2)	17.45 – 18.45 Yoga alle Level Luisa (2)	18.30 – 20.00 Vinyasa & Yin alle Level Michèle (2)		
18.30 – 19.30 Power Yoga alle Level Bernhard (2)	19.00 – 20.00 Pilates alle Level Janine (2)	18.45 – 20.00 Power Yoga (EN) intermediate Regula (1)	19.15 – 20.15 Yoga (EN) all levels Lorena (1)		
19.30 – 20.30 Yoga (EN) all levels Bianca (1)	19.15 – 20.15 Yoga alle Level Regula (1)	19.15 – 20.15 Yoga alle Level Bianca (2)			

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

Gültig ab 5. März 2020. Alle Kurse können ohne Voranmeldung besucht werden.

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