

Niyama Zoom Stundenplan

| Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|--|--|---|--|--|---|
| 10.30 – 11.30 Yoga (EN) all levels Suzanne (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 (1) | 6.45 – 7.45 Yoga (EN) all levels Yannick (1) | 10.00 – 11.00 Power Yoga alle Level Regula (1) |
| | 9.15 – 10.30 Yoga (EN) all levels Suzanne (1) | | | 10.45 – 11.45 Yoga alle Level Regula (1) | 11.20 – 12.20 Pilates (DE/EN) alle Level Regula (1) |
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| 12.15 – 13.15 Yoga (EN) all levels Suzanne (1) | 12.00 – 13.00 Pilates alle Level Leela (2) | 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 Monica (2) | 12.15 – 13.15 Yoga (EN) all levels Regula (1) | | 12.15 – 13.15 Pilates alle Level Janine (2) | 12.15 – 13.15 Pilates alle Level Monica (2) | |
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| 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) | 18.15 – 19.15 Power Yoga (EN) all levels Michèle (1) | 16.00 – 17.15 Yoga (EN) intermediate Yannick (1) |
| 17.30 – 18.30 Yoga alle Level Alessia (1) | 17.45 – 18.45 Faszien Yoga alle Level Janine (2) | 17.45 – 18.45 Yoga alle Level Rachel (2) | 18.00 – 19.30 Vinyasa & Yin alle Level Michèle (2) | | |
| 18.30 – 19.30 Power Yoga alle Level Bernhard (2) | 19.15 – 20.15 Yoga alle Level Regula (1) | 18.45 – 20.00 Power Yoga (EN) intermediate Regula (1) | 19.15 – 20.15 Yoga (EN) all levels Lorena (1) | | |
| 19.00 – 20.00 Yoga (EN) all levels Melanie (1) | | | | | |

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

Gültig ab 2. Januar 2021

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