

VOLTA YOGA **INNENSTADT**

Ab Oktober 2025

Alle Klassen für alle Level geeignet, ausser Vinyasa (mind. 3 Monate Yoga-Erfahrung).

All classes suitable for all levels, except Vinyasa (2-3 months of experience).

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00-10:00 Slow Vinyasa (EN) Charlotte			09:00-10:00 Gentle Hatha & Nidra Eva			
12:15-13:15 Slow Vinyasa Nora E.	12:15-13:15 Slow Vinyasa Nico	12:15-13:15 Yin Charlotte	12:15-13:15 Vinyasa (EN) Any	12:15-13:15 Ashtanga Vinyasa (EN) Rita	11:00-12:00 Slow Vinyasa Ladina/ Joana	
18:00-19:15 Slow Vinyasa (EN) Any	17:45-19:00 Slow Vinyasa Simone	17:30-18:30 Hatha Nora P.	18:00-19:15 Vinyasa Nico	17:15-18:15 Slow Vinyasa Nora E.		17:00-18:15 Sunday Class
19:45-21:00 Deep Yin (EN) Any		19:00-20:15 Ashtanga Vinyasa (EN) Rita	19:45-20:45 Yin Nico	18:45-19:45 Yin Patrizia		