

VOLTA YOGA **ST. JOHANN**

Ab 20. Juni 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
	06:45-07:45 Slow Vinyasa Chiara	10:00-11:00 Hatha Nico		09:30-10:30 Gentle Hatha Anya	10:00-11:00 Vinyasa Nico	11:00-12:00 Sonntags-Klasse
12:15-13:15 Slow Vinyasa & Nidra Eva	12:15-13:15 Hatha Helen	12:30-13:30 Vinyasa (EN) Nico	12:15-13:15 Slow Vinyasa Chiara	12:30-13:30 Slow Vinyasa (EN) Anya		
	12:15-13:15 Pilates Mat Gül		12:15-13:15 Pilates Mat Jessica			
18:15-19:30 Vinyasa (EN) Charlotte	18:00-19:15 Hatha Nico	18:15-19:30 Slow Vinyasa Anya	18:00-19:00 Prenatal Isabelle <u>Ab 4. Sept.!</u>			
18:30-19:30 Prenatal Rahel			18:30-19:30 Slow Vinyasa Nora P.			
	19:45-21:00 Yin (EN) Charlotte	20:00-21:15 Yin & Meditation Anya				