

# VOLTA YOGA Stundenplan

Ab 1 Januar 2025

Alle Klassen für alle Level geeignet, ausser Vinyasa (mind. 2-3 Monate Yogaerfahrung).  
All classes suitable for all levels, except Vinyasa (2-3 months of experience).

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:00-10:00 <b>Slow Vinyasa</b> (E) Charlotte			09:00-10:00 <b>Deep Relax</b> Eva	10:00-11:00 <b>Gentle Hatha</b> Anya	10:00-11:00 <b>Vinyasa</b> Nico	
12:15-13:15 <b>Slow Vinyasa</b> Nora E.	12:15-13:15 <b>Slow Vinyasa</b> Nico	12:15-13:15 <b>Power Flow</b> (E) Nico	12:15-13:15 <b>Vinyasa</b> (E) Anya	12:15-13:15 <b>Slow Vinyasa</b> (E) Anya	11:30-12:30 <b>Slow Vinyasa</b> Ladina/Lea	11:00-12:00 <b>Sonntags- klasse</b>
17:00-18:00 <b>Vinyasa (E)</b> Charlotte		17:30-18:30 <b>Hatha</b> Nora P.		17:15-18:15 <b>Slow Vinyasa</b> Nora E.		17:45-19:00 <b>Sunday Class</b>
18:30-19:30 <b>Slow Vinyasa</b> Anya	18:00-19:15 <b>Hatha</b> Nico	19:00-20:15 <b>Vinyasa</b> (E) Laura	18:00-19:15 <b>Vinyasa</b> Nico	18:45-19:45 <b>Yin</b> Patrizia		
20:00-21:15 <b>Yin</b> Anya	19:45-21:00 <b>Yin</b> (E) Charlotte		19:45-21:00 <b>Slow Vinyasa &amp; Yin</b> Nora P.			