

AIRYOGA Stundenplan ab Januar 2023

Studio Fabrikstrasse

Fabrikstrasse 10 8005 Zürich 044 422 01 01 www.airyoga.ch

| MONTAG | | DIENSTAG | | MITTWOCH | | DONNERSTAG | | FREITAG | | SAMSTAG | | SONNTAG | |
|---|--|---|--|---|---|--|------------------------------------|---|--------------------------------------|----------|----------|---|---|
| Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 | Studio 1 | Studio 2 |
| 6:30-9:00 Ashtanga Mysore Brett | | 6:30-9:00 Ashtanga Mysore Brett | | 6:30-9:00 Ashtanga Mysore Brett | | 6:30-9:00 Ashtanga Mysore Brett | | 6:30-9:00 Ashtanga Mysore (Led Primary) Brett | | | | 8:00-10:00 Ashtanga Mysore Brett | |
| 9:15-10:15 Ayur Yoga (Susanna) | | | | | | | | | | | | 9:00-10:30 Hatha Yoga The Practice (Mirjam) | 8:45-10:15 Ashtanga Half Primary Michael Hamilton |
| 10:30-12:00 Vinyasa Flow Susanna | 9:30-11:00 Hatha Yoga Frank | 9:30-11:00 Hatha Yoga Frank | | 9:30-11:30 Hatha Yoga Stephen | 10:45-11:45 Rückbildung (Tanja) | 10:00-11:30 Advanced Vinyasa Michael Hamilton | 10:45-11:45 Baby & Me (Nina C.) | 10:00-11:30 Vinyasa Flow Michael Hamilton | | | | 10:30-12:00 Vinyasa Flow Stefania | 10:30-12:00 Hybrid Hatha Yoga Maria |
| 12:15-13:15 Lunch Flow (Susanna) | 12:15-13:15 Prenatal Yoga (Nina C.) | 12:15-13:15 Lunch Flow (Maria) | 12:15-13:15 Yoga Nidra (Adrian) | 12:15-13:15 Ashtanga d/e Lunch Flow (Nina C.) | 12:15-13:15 Prenatal Yoga (Tanja) | 12:15-13:15 Lunch Flow (Nina C.) | | 12:15-13:15 Lunch Flow (Frank) | | | | 12:30-14:00 Basic Hatha Frank | |
| | | 13:30-15:00 Senioren Yoga Mira/Jasmin | | | | | | | | | | | |
| 18:15-19:45 Hatha Yoga Stephen | 19:00-20:30 Vinyasa Flow Maria | 18:15-19:45 Hatha Yoga Stephen | 19:00-20:30 Basic Vinyasa Adrian | 18:15-19:45 Vinyasa Flow Maria | 19:00-20:30 Ashtanga Half Primary Nina Calame | 18:15-19:45 Ashtanga inspired Michael Hamilton | 19:00-20:30 Hatha Yoga Frank | 18:00-20:00 Ashtanga Mysore Brett | 18:15-19:45 Vinyasa Flow Carla | | | 18:15-19:45 Guided & Supported Yin Yoga - Frank | |
| 20:00-21:15 Pranayama & Restorative Stephen | | 20:00-21:15 Silent & Still Yin Yoga Frank | | 20:00-21:15 Recharge Michael Hamilton | | 20:00-21:15 Anusara Inspired Michael Thurnherr | | | | | | | |

Für alle Levels (Yogakennnis nötig) Auch für Anfängerinnen geeignet Ashtanga Kenntnisse erforderlich

Ashtanga Yoga Klassen:
Half Primary: Erste Serie bis Navasana
Full Primary: Vollständige Erste Serie

e: Unterricht in englischer Sprache
d: in deutscher Sprache
d/e: je nach Bedarf auf deutsch oder englisch