

# AIRYOGA Stundenplan - Februar 2024

AIRYOGA - Fabrikstrasse 10 - 8005 Zürich  
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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 E ASHTANGA MYSORE Brett		6:30-9:00 E ASHTANGA MYSORE Brett		6:30-9:00 E ASHTANGA MYSORE Brett		6:30-9:00 E ASHTANGA MYSORE Brett		6:30-8:00 E ASHTANGA MYSORE (Adv) Brett				6:45-8:30 E ASHTANGA MYSORE Brett	
09:30-11:00 D/E HATHA YOGA Frank	10:15-11:45 D VINYASA FLOW Susanna	9:30-11:00 D/E HATHA YOGA Frank		09:15-11:15 E HATHA YOGA Stephen		10:00-11:30 E ADVANCED VINYASA Michael Hamilton	9:30-11:00 E ELEMENTAL YOGA Anya Porter	10:00 - 11:30 E DYNAMIC HATHA YOGA Michael Hamilton	09:45-10:45 D AYUR YOGA Susanna	9:00-10:30 E VINYASA FLOW Stefania	8:45-10:15 E ASHTANGA HALF PRIMARY Michael Hamilton	8:45-10:15 E ASHTANGA FULL PRIMARY Brett	9:30-11:30 D/E HOLISTIC HATHA YOGA Stefania
12:15-13:15 D LUNCH FLOW Susanna	12:15-13:15 D/E ASHTANGA LUNCH FLOW Carla	12:15-13:15 E LUNCH FLOW Maria	12:00-13:00 D/E YOGA NIDRA Adrian	12:15-13:15 E LUNCH FLOW Maria	12:15-13:15 D/E SCHWANGERSCHAFTS- YOGA Tanja	12:15-13:15 D GENTLE LUNCH FLOW Tanja		12:15-13:15 D LUNCH FLOW Holger Baumann				10:30-12:00 E HATHA YOGA Sarah	10:30-12:00 E HATHA HYBRID YOGA Maria
		13:30-15:00 D SENIOREN YOGA Mira / Jasmin										10:45-12:15 E ASHTANGA INSPIRED FLOW Michael Hamilton	
	17:30-18:45 D/E BASIC VINYASA Kimi											12:30-14:00 D/E BASIC HATHA YOGA Frank	
18:15-19:45 E HATHA YOGA Stephen	19:00-20:30 E VINYASA FLOW Maria	18:15-19:45 D/E ANUSARA YOGA Michael Thurnherr	17:30-18:45 E ELEMENTAL YOGA Anya Porter	18:15-19:45 E VINYASA FLOW Maria	18:30-20:00 E ASHTANGA INSPIRED FLOW Ettie	18:15-19:45 E ASHTANGA INSPIRED Michael Hamilton	18:30-20:00 D/E HATHA YOGA Frank	17:30-18:45 D/E VINYASA FLOW Sarah					17:30-18:45 D / E GUIDED & SUPPORTED YIN YOGA Frank
20:00-21:00 E BREATHWORK + RESTORATIVE Stephen		20:00-21:00 D/E SILENT + STILL YIN YOGA Frank	19:00-20:30 D BASIC VINYASA Adrian	20:00-21:00 E YOGA & MOVEMENT Diana Alvarez									

für Anfänger geeignet	für alle Levels geeignet	Ashtanga Kenntnisse erforderlich
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**Ashtanga Yoga Klassen**  
Half Primary: Erste Serie bis Navasana  
Full Primary: Vollständige Erste Serie

Es kann zu kurzfristigen Vertretungen und Klassenausfällen kommen. Unser aktuellster Stundenplan ist jeweils unter [www.airyoga.ch](http://www.airyoga.ch) und in der AIRYOGA App zu finden.

