

HERMANS

WOHNZIMMER

Studioplan / Studio Schedule

| | Montag / Monday | Dienstag / Tuesday | Mittwoch / Wednesday | Donnerstag / Thursday | Freitag / Friday | Samstag / Saturday | Sonntag / Sunday |
|-------------|---|--|---|---------------------------|--|---|---|
| 7 – 8 Uhr | | | Yogagold 7.30 – 8.30 | | | | |
| 8 – 9 Uhr | | | | | | | |
| 9 – 10 Uhr | | | | | Karma Yoga 09.00-10.30 Andreas | | |
| 10 – 11 Uhr | Rajesh 9.30 – 11.00 | | Yo! Ga. Raps / Anouk * 10.30 – 11.45 | | | POP UP YOGA * 10.00 – 11.30 div. Teachers | WE ARE YOGA 10.30 – 11.45 |
| 11 – 12 Uhr | | | | | | | |
| 12 – 13 Uhr | Verena / Hatha flow 12.15 – 13.15 | | Yo!Ga.Raps / Anouk * 12.15 – 13.15 | Yogagold 12.15 – 13.15 | Somo Yoga 12.00 – 13.00 | | Yoga Lia 12.15-13.45 |
| 13 – 14 Uhr | | | | | | | |
| 14 – 15 Uhr | | | | | | | Jackey / Mein Tempel* 14.00-15.30 Wing Chun |
| 15 – 16 Uhr | | | | | | Lisa & Jackey / MeinTempel* 15.00-17.00 Special | |
| 16 – 17 Uhr | | | | | | | |
| 17 – 18 Uhr | | Somo Yoga 17.15 – 18.45 | Jackey / Mein Tempel* 17.45-18.15 Wing Chun | Coming soon | | | Rajesh 17.00 – 18.30 |
| 18 – 19 Uhr | Power Vinyasa mit Thorsten 18.00 – 19.00 | | | | Somo Yoga 18.15 – 19.30 Meditation bis 20.00 | | |
| 19 – 20 Uhr | WE ARE YOGA 19.30 – 20.45 | David Suivez 19.30 – 21.00 Movement Masterclass "Playdate" | POP UP YOGA * 19.30 – 21.00 Debora | Yogagold 19.00 – 20.30 | | | |
| 20 – 21 Uhr | | | | | Jackey / Mein Tempel* 20.15-21.45 Wing Chun | | |
| 21 – 22 Uhr | | | | | | | |

*Anmeldungen sind nur über die jeweiligen Instrukto:ren möglich. / Reservations are only possible directly with the instructors.

CONTACT

Somo Yoga: www.somoyoga.ch

David: www.davidsuivez.com

POP UP YOGA: www.popupyoga.ch

Yogagold: www.yogagold.ch

WE ARE YOGA: www.facebook.com/WE-ARE-YOGA-248835988628801

Lia: www.yoga-lia.ch

Mein Tempel/Lisa & Jackey: www.meintempel.ch

Thorsten: www.yogamitthorsten.ch

Züriyoga/Andrea: www.zueri-yoga.ch

Anyyogi/Natalie: www.anyyogi.com

Rajesh: www.vedicyogavision.com

Verena: verenaweiss@yahoo.de

Andreas: www.neusteller.ch

Natalie: Yoga.breath.life@gmail.com