

| | MO/MON Studio 1/Studio 2 | | Di/TUE Studio 1/Studio 2 | | MI/WED Studio 1/Studio 2 | | DO/THU Studio 1/Studio 2 | | FR/FRI Studio 1/Studio 2 | | SA/SAT Studio 1/Studio 2 | | SO/SUN Studio 1/Studio 2 | |
|--------------|------------------------------------|------------------------|------------------------------------|------------------------------|------------------------------------|------------------------------|------------------------------------|------------------------------|------------------------------------|------------------------------|------------------------------------|------------------------|------------------------------------|-----------------------|
| 06:30 | | 🔥🔥 Bikram 90' | | | | 🔥🔥 Bikram 90' | | | | | | | | |
| 07:00 | | | | 🔥 Juicy Hatha 60' | | | | 🔥 Juicy Hatha 60' | | | | | | |
| 09:30 | | | | 🔥🔥 Bikram 90' | | | | 🔥🔥 Bikram 90' | | 🔥 Juicy Vinyasa 90' | | | | |
| 10:00 | | | | | | | | | | | *Kids Class 60' | 🔥 Core Power 60' | | 🔥🔥 Bikram 90' |
| 11:00 | | | | | | | | | | | Ashtanga Half Primary 90' | | | |
| 12:00 | | 🔥🔥 Bikram 90' | | 🔥 Juicy Vinyasa 60' | | 🔥 Juicy Vinyasa 60' | | 🔥 Juicy Vinyasa 60' | | 🔥🔥 Bikram 90' | | 🔥🔥 Bikram 90' | | |
| 17:00 | | | | | | | | | | | | | | 🔥🔥 Bikram 90' |
| 18:00 | | 🔥 Core Power 60' | | 🔥 Juicy Vinyasa 60' | | 🔥🔥 Bikram 90' | | 🔥 Core Power 60' | | 🔥🔥 Bikram 90' | | | | |
| 19:00 | Anusara Yoga 90' | | Evening Flow 90' | | Anusara Yoga 90' | | Evening Flow 90' | | Yin Yoga** 90' | | | | | 🔥 Juicy Yin 90' |
| 19:30 | | 🔥🔥 Bikram 90' | | 🔥🔥 Bikram 90' | | | | 🔥🔥 Bikram 90' | | | | | | |
| 20:00 | | | | | | 🔥 Juicy Yin 90' | | | | | | | | |

* Kids from 5 - 10 years old, **write to kids@yogaholicsunited.ch to pre-book 48 hours in advance**

** Once a month Yin Yoga with „Sound Bath“

🔥 32-34 Celsius, Juicy Yin @ 30 Celsius

🔥🔥 40 Celsius