

Winter Schedule

	MO/MON Studio 1/Studio 2		TU/TUE Studio 1/Studio 2		WE/WED Studio 1/Studio 2		TH/THU Studio 1/Studio 2		FR/FRI Studio 1/Studio 2		SA/SAT Studio 1/Studio 2		SU/SUN Studio 1/Studio 2	
06:30						🔥🔥 Bikram 90'								
07:00				🔥 Hatha Sun 60'				🔥 Hatha Sun 60'						
09:30								🔥🔥 Bikram 90'		🔥 Juicy Vinyasa 90'				
10:00											🔥 Kids Class* 60'	🔥 Core Power 60'		🔥🔥 Bikram 90'
11:00											🔥 Wall Yoga 90'			
12:00		🔥🔥 Bikram 90'		🔥 Juicy Vinyasa 60'		🔥 Juicy Vinyasa 60'		🔥 Juicy Vinyasa 60'		🔥🔥 Bikram 90'		🔥🔥 Bikram 90'		
16:00				🔥🔥 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'		Anusara Yoga 90'		Anusara Yoga 90'		Hatha Moon 90'			Yin with Sound Bath 90' (monthly**)				🔥 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 / No Kids yoga during school holidays

** please check the online schedule

🔥 28-30 Celsius / 🔥🔥 32-34 Celsius / 🔥🔥🔥 40 Celsius