

Yogaholics United Schedule

Schedule as per June 26th, 2021 / PLEASE ALWAYS CHECK ONLINE SCHEDULE ON WWW.YOGAHOOLICSUNITED.CH/SCHEDULE

	Mo / Mon			Di / Tue			Mi / Wed			Do / Thu			Fr / Fri			Sa / Sat			So / Sun																	
	Studio 1	Studio 2	Online	Studio 1	Studio 2	Online	Studio 1	Studio 2	Online	Studio 1	Studio 2	Online	Studio 1	Studio 2	Online	Studio 1	Studio 2	Online	Studio 1	Studio 2	Online															
06:00																																				
06:30																																				
07:00		 BIKRAM 90 min			Hatha 60 min	Hatha 60 min		 BIKRAM 90 min			Hatha 60 min	Hatha 60 min																								
08:00																																				
08:30																																				
09:00																																				
09:30		 Juicy Vinyasa 60 min	Vinyasa 60 min										 Juicy Vinyasa 60 min	Vinyasa 60 min																						
10:00																	 Core 60 min	Core 60 min		 BIKRAM 90 min																
10:30																																				
11:00																																				
11:30																																				
12:00					 Juicy Vinyasa 60 min	Vinyasa 60 min		 Core 60 min	Core 60 min		 Juicy Vinyasa 60 min	Vinyasa 60 min					 BIKRAM 90 min			 Juicy Vinyasa 60 min	Vinyasa 60 min															
12:30				Private Corporate Class																																
13:00																																				
13:30																																				
14:00	Reserved for Private Classes																																			
14:30																																				
15:00																																				
15:30																																				
16:00																																				
16:30	Reserved for workshops / specials																																			
17:00																																			 BIKRAM 90 min	
17:30																																				
18:00		 Core 60 min	Core 60 min		 Juicy Vinyasa 60 min	Vinyasa 60 min		 BIKRAM 90 min			 Juicy Vinyasa 60 min	Vinyasa 60 min		 BIKRAM 90 min																						
18:30																																				
19:00	Anusara 90 min	 BIKRAM 90 min		Tune Up 60 min	 BIKRAM 90 min		Anusara 90 min			Hatha 90 min																										
19:30																				 Juicy Yin 60 min	Yin 60 min															
20:00																																				
20:30																																				
21:00																																				
21:30																																				

28-30° Celsius

32-34° Celsius

40° Celsius