

Yogaholics United Schedule

(as of October 1st, 2021)

Please **ALWAYS CHECK ONLINE SCHEDULE** on www.yogaholicsunited.ch or the Eversports APP as timing and certificate requirements can be subject to change!

	Mo / Mon		Di / Tue		Mi / Wed		Do / Thu		Fr / Fri		Sa / Sat		So / Sun	
	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
06:00														
06:30														
07:00														
07:30		🔥 BIKRAM 90 min		Hatha 60 min		🔥 BIKRAM 90 min		Hatha 60 min						
08:00														
08:30														
09:00														
09:30														
10:00		Juicy Vinyasa 60 min								Juicy Vinyasa 60 min				
10:30											Kids Yoga 60 min (alle 14 Tage)	🔥 Core 60 min		🔥 BIKRAM 90 min
11:00														
11:30														
12:00		🔥 BIKRAM 60 min		🔥 Juicy Vinyasa 60 min		🔥 BIKRAM 60 min		🔥 Juicy Vinyasa 60 min		🔥 BIKRAM 60 min				🔥 Juicy Vinyasa 60 min
12:30			Private Corporate Class									🔥 BIKRAM 90 min		
13:00														
13:30														
14:00	Reserved for Private Classes													
14:30														
15:00														
15:30														
16:00														
16:30	Reserved for workshops													
17:00														
17:30														
18:00														
18:30											🔥 Core 60 min		🔥 Juicy Vinyasa 60 min	🔥 BIKRAM 90 min
19:00	Anusara 90 min		Tune Up 60 min		Anusara 90 min		new class to be announced							
19:30		🔥 BIKRAM 90 min		🔥 BIKRAM 90 min				🔥 BIKRAM 90 min						🔥 Juicy Yin 90 min
20:00														
20:30														
21:00														
21:30														



26-28° Celsius



32-34° Celsius



40° Celsius