

Yogaholics United Schedule

	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'								
07:00				🔥 Hatha Sun 60'				🔥 Hatha Sun 60'						
09:30		🔥 Juicy Vinyasa 60' (NEW)						🔥🔥 Bikram 90'		🔥 Juicy Vinyasa 60'	Hatha Fire 90' Monthly (NEW)			
10:00												🔥 Core 60'		🔥🔥 Bikram 90'
11:00											Vinyasa with Wall 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 60'		🔥 Juicy Vinyasa 60'		🔥🔥 Bikram 90'		🔥 Core 60'		🔥🔥 Bikram 90'				
18:30			Yoga Tune Up 90'				Hatha Moon 90'							
19:00	Anusara Yoga 90'				Anusara Yoga 90'									🔥 Juicy Yin 90'
19:30		🔥🔥 Bikram 90'		🔥🔥 Bikram 90'				🔥🔥 Bikram 90'						
20:00						🔥 Juicy Yin 90' (NEW)								

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

PLEASE ALWAYS CHECK ONLINE SCHEDULE ON WWW.YOGAHOLICSUNITED.CH/SCHEDULE