

# Yogaholics United Schedule

(as of January 3rd, 2022)

Please **ALWAYS CHECK ONLINE SCHEDULE** on [www.yogaholicsunited.ch](http://www.yogaholicsunited.ch) or the Eversports APP as schedule, 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		🔥 BIKRAM 90 min		Hatha 60 min (derzeit ausgesetzt)		🔥 BIKRAM 90 min		Hatha 60 min																
08:00																								
08:30																								
09:00																								
09:30		🔥 Juicy Vinyasa 60 min								🔥 Juicy Vinyasa 60 min														
10:00											Kids Yoga 60 min (alle 14 Tage)	🔥 Core 60 min		🔥 BIKRAM 90 min										
10:30																								
11:00																								
11:30																								
12:00		🔥 BIKRAM 60 min		🔥 Juicy Vinyasa 60 min		🔥 BIKRAM 60 min		🔥 Juicy Vinyasa 60 min		🔥 BIKRAM 60 min		🔥 BIKRAM 90 min		🔥 Juicy 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																							
17:00																								
17:30																								
18:00												🔥 Core 60 min		🔥 Juicy Vinyasa 60 min		🔥 BIKRAM 90 min		Hatha 60 min (derzeit ausgesetzt)		🔥 Juicy Vinyasa 60 min		🔥 BIKRAM 90 min		🔥 BIKRAM 90 min
18:30																								
19:00	Anusara 90 min		Tune Up 60 min		Anusara 90 min																			
19:30		🔥 BIKRAM 90 min		🔥 BIKRAM 90 min				Kundalini 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