

# Yogaholics United Schedule

(as of July 1st, 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		🔥 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											Reserved for workshops			
16:30														🔥 BIKRAM 90 min
17:00			Private Corporate Class											
17:30														
18:00		🔥 Core 60 min		🔥 Juicy Vinyasa 60 min		🔥 BIKRAM 90 min		🔥 Juicy Vinyasa 60 min		🔥 BIKRAM 90 min				
18:30			Body&Mind 90 min				Body&Mind 90 min							
19:00	Anusara 90 min				Anusara 90 min						Mantra Concert 120 min (once per month)			🔥 Juicy Yin 90 min
19:30		🔥 BIKRAM 90 min		🔥 BIKRAM 90 min				🔥 BIKRAM 90 min						
20:00														
20:30						🔥 Juicy Yin 90 min								
21:00														
21:30														



26-28° Celsius



32-34° Celsius



40° Celsius