

# AIRYOGA Stundenplan ab Januar 2023

## Studio Fabrikstrasse

Fabrikstrasse 10 8005 Zürich 044 422 01 01 www.airyoga.ch

MONTAG		DIENSTAG		MITTWOCH		DONNERSTAG		FREITAG		SAMSTAG		SONNTAG	
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
6:30-9:00 e Ashtanga Mysore Brett		6:30-9:00 e Ashtanga Mysore Brett		6:30-9:00 e Ashtanga Mysore Brett		6:30-9:00 e Ashtanga Mysore Brett		6:30-9:00 e Ashtanga Mysore (Led Primary) Brett				8:00-10:00 e Ashtanga Mysore Brett	
9:15-10:15 d Ayur Yoga (Susanna)				9:15-11:15 e Hatha Yoga Stephen						9:00-10:30 d/e Hatha Yoga The Practice (Mirjam)		8:45-10:15 e Ashtanga Half Primary Michael Hamilton	9:00-10:00 d/e Pran.&Med. (Stefania)
10:30-12:00 d Vinyasa Flow Susanna	9:30-11:00 d/e Hatha Yoga Frank	9:30-11:00 d/e Hatha Yoga Frank			10:45-11:45 d/e Rückbildung (Tanja)	10:00-11:30 e Advanced Vinyasa Michael Hamilton		10:00-11:30 e Dynamic Hatha Michael Hamilton		10:45-12:15 e Ashtanga inspired Michael Hamilton		10:30-12:00 e Vinyasa Flow Stefania	10:30-12:00 e Hatha Hybridyoga Maria
12:15-13:15 d Lunch Flow (Susanna)		12:15-13:15 e Lunch Flow (Maria)	12:15-13:15 d/e Yoga Nidra (Adrian)	12:15-13:15 e Lunch Flow (Maria)	12:15-13:15 d/e Prenatal Yoga (Tanja)	12:15-13:15 d/e Gentle Lunch Flow (Tanja)		12:15-13:15 d/e Lunch Flow (Frank)	12:15-13:15 d/e Prenatal Yoga (Carla)	12:30-14:00 d/e Basic Hatha Frank			
		13:30-15:00 d Senioren Yoga Mira/Jasmin											
18:15-19:45 e Hatha Yoga Stephen		18:15-19:45 e Hatha Yoga Stephen		18:15-19:45 d/e Vinyasa Flow Maria		18:15-19:45 e Ashtanga inspired Michael Hamilton		18:00-20:00 e Ashtanga Mysore Brett	18:15-19:45 d/e Vinyasa Flow Carla			18:15-19:45 d/e Guided & Supported Yin Yoga - Frank	
20:00-21:15 e Pranayama & Restorative Stephen	19:00-20:30 e Vinyasa Flow Maria	20:00-21:15 d/e Silent & Still Yin Yoga Frank	19:00-20:30 d/e Basic Vinyasa Adrian	20:00-21:15 e Recharge Michael Hamilton	19:00-20:30 d/e Ashtanga inspired Ettie	20:00-21:15 d/e Anusara Inspired Michael Thurnherr	19:00-20:30 d/e Hatha Yoga Frank						

Für alle Levels (Yogakennntnis nötig) Auch für Anfänger:innen geeignet Ashtanga Kenntnisse erforderlich

### Ashtanga Yoga Klassen:

Half Primary: Erste Serie bis Navasana  
Full Primary: Vollständige Erste Serie

e: Unterricht in englischer Sprache  
d: in deutscher Sprache  
d/e: je nach Bedarf auf deutsch oder englisch