

AIRYOGA

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 - 11:00h Hatha Yoga Holger (D)	9:30 - 11:00h Vinyasa Yoga Malina (D/E)	9:15 - 11:00h Holistic Hatha Stefania (E)	9:00 - 10:00h Therapeutic Yoga Susanna (D)		9:00 - 10:15h Vinyasa Flow Stefania (E)	
			10:15 - 11:45h Alignment Flow Mirjam (E)		10:30 - 11:45h Alignment Flow Mirjam (E)	10:30 - 12:00h Hybrid Yoga Maria (E)
12:15 - 13:15h Lunch Flow Susanna (D)	12:15 - 13:15h Lunch Flow Maria (E)	12:15 - 13:15h Lunch Flow Maria (E)	12:15 - 13:15h Lunch Flow Claudia (D/E)	12:15 - 13:15h Lunch Flow Holger (D)	12:00 - 13:15h Yoga Flow Karl/Albert (E)	
17:45 - 18:45h Core Sync Maria (E)	18:00 - 19:30h Alignment Flow Mirjam (E)		18:00 - 19:30h Yin Yoga Stefania (D/E)	17:30 - 18:45h Vinyasa Flow Simon (E) (from 6 Feb)		17:30 - 18:45h Sunday Evening Class alternating teachers (D/E)
19:00 - 20:30h Hybrid Yoga Maria (E)		19:00 - 20:30h Hybrid Yoga Maria (E)				

- You find us on the 1st floor right behind Pucis
- We offer Mats and all Yoga Props, there is a mixed Changing room, we do not have Showers
- On Sundays you can enter the building 15 Min before class at Eisgasse 20, just around the corner

Book your Class Online
via www.airyoga.ch

