

AIRVGOY

FEBRUARY 2026

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

- You find us in "bridge" 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