

AIRVGOY

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00 - 10:15h Jivamukti Yoga Vanessa (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)	
12:15 - 13:15h Lunch Flow Susanna (D)		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)	10:30 - 11:45h Alignment Flow Mirjam (E)	10:30 - 12:00h Hybrid Yoga Maria (E)
18:15 - 19:45h Hybrid Yoga Maria (E)	18:00 - 19:30h Alignment Flow Mirjam (E)	19:00 - 20:30h Hybrid Yoga Maria (E)	18:00 - 19:30h Yin Yoga Stefania (D/E)		12:00 - 13:15h Yoga Flow Karl/Albert (E)	

- 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

Book your class
here:

