

Montag

08:00 - 09:00
Hatha Vinyasa
Yoga - Valerie

17:00 - 18:00
Pilates
Marjatta

18:30 - 19:30
Gentle Vinyasa
Yoga - Luisa

Dienstag

12:15 - 13:15
Gentle Vinyasa
Yoga - Luisa

18:00 - 19:00
Pilates
Marjatta

19:15 - 20:30
Vinyasa Yoga
Anika

Mittwoch

12:15 - 13:15
Vinyasa Yoga
Luisa

14:45 - 15:45
SeniorInnen
Yoga - Nini

18:00 - 19:00
Gentle Vinyasa
Yoga - Luisa

19:15 - 20:30
Vinyasa & Yin
Yoga - Luisa

Donnerstag

10:30 - 11:30
Mama & Baby
Yoga* - Salome

12:00 - 13:00
Slow Flow Yoga
Salome

18:00 - 19:00
Yoga für
Schwangere*
Salome

19:15 - 20:30
Vinyasa & Yin
Yoga - Anika

Freitag

09:00 - 10:00
Vinyasa Yoga
Anita

10:15 - 11:15
Pilates
Marjatta

17:15 - 18:15
Gentle Vinyasa
Yoga - Martina

*auf Anmeldung

Lindenberg 8
4058 Basel
078 303 33 22
www.meyohouse.com

Gültig ab 1.9.20

Samstag

10:00 - 11:00
Vinyasa Yoga
Luisa / Martina

11:15 - 12:30
Gentle Vinyasa
Yoga - Luisa

Sonntag

1x pro Monat
Yoga Nidra*
mit Anika

Regelmässig
Workshops &
Specials*

