

Move-Chi Yoga / AcroYoga Studio

Weekly Class Schedule

Mondays

15.00 - 16.00 Stay smooth training mit Mariette
oder Cate

18.00 - 19.30 AcroYoga open level mit Sina

Tuesdays

6.45 - 7.45 Morning Yoga flow with Smoothie to go
19.15 AcroYoga Intermediate

Wednesdays

6.45 - Early Bird Morning ONLINE flow
18.50 Yin Yoga Bliss

Thursdays

6.45 - 7.45 Morning Yoga flow with Smoothie to go

Fridays

19:00 | Movement Jam je nach Wetter indoor /
outdoor ==> check www.acroyoga.ch

Saturdays

Retreat & Workshops