

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
09:30 - 10:45 Yoga+ Hatha & Relax alle Level - Prävention (Corinna)	09:45 - 11:00 Yoga+ Flow, Basic 1 (Anna W.)	09:30 - 11:00 Yoga+ Ashtanga alle Level (Volker)	09:30 - 10:30 Yoga+ Core & More alle Level (Maria)	10:00 - 11:30 Yoga+ Anusara Elements & Technik Training alle Level (Ilana)	09:45 - 11:00 Yoga+ Hatha & Relax Basic 1, Prävention (Corinna)	
			10:45 - 11:45 Yoga+ Mama & Baby alle Level (Maria)		11:15 - 12:30 Yoga+ Flow Medium (Annette)	10:45 - 12:00 Yoga+ Flow & Relax Basic 2 (Susanne)
		17:15 - 18:15 Yoga+ Schwangerschaft alle Level (Maria)	17:15 - 18:15 Yoga+ Rücken, Schulter Basic 1, Präv. (Corinna)			
			17:15 - 18:15 Raum 2 Yoga+ Flow 2.0 alle Level (Trainees)			16:30 - 18:00 NEU Yoga+ Flow & Relax alle Level (Maja)
18:30 - 19:30 Yoga+ Yin alle Level (Heike)	18:30 - 19:30 Yoga+ Flow, Basic 2 (Susanne) Prävention	18:30 - 19:45 Yoga+ Flow, Medium (Maja)	18:30 - 20:00 Yoga+ Anusara Elements & Technik Training Medium (Ilana)	18:30 - 20:00 Yoga+ Power Flow Medium (Dragan)		
18:30 - 19:30 Raum 2 Yoga+ Flow, Basic 1 (Susanne) Prävention	18:15 - 19:15 Raum 2 Yoga+ Faszien alle Level (Ilana)	NEU Raum 2 18:30 - 19:30 Yoga+ Meditation alle Level (Martin)	NEU Raum 2 18:30 - 19:25 Yoga+ Entspannung pur alle Level (Corinna)	Raum 2 18:30 - 19:30 Yoga+ Yin, alle Level (Birgit)		
19:45 - 20:45 Yoga+ Flow Basic 2 (Andrea/Heike)	19:45 - 21:15 Yoga+ Anusara® Medium (Evgenia)	20:00 - 21:00 Yoga+ Flow Basic 1 (Andrea) Präv.	20:15 - 21:15 Yoga+ Flow Basic 1 (Annette) Präv.			
19:45 - 20:45 Raum 2 Yoga+ Flow 2.0 alle Level (Trainees)	19:30 - 20:45 Raum 2 Yoga+ Restorative alle Level (Ilana)					



Öffnungszeiten Studio: spätestens 30 min. vor Kursbeginn

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