

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	09:45 - 11:00 Yoga+ Flow Basic 1 - 2 (Anna)	09:30 - 10:45 Yoga+ Flow & Relax Basic 2 / Medium (Susanne) <i>Prävention</i>	09:30 - 10:30 Yoga+ Core & More alle Level (Maria)	10:00 - 11:30 Yoga+ Anusara Elements & Technik Training alle Level (Ilana) <i>Prävention</i>	09:45 - 11:00 Yoga+ Hatha & Relax Basic 1 <i>Prävention</i> (Corinna)	
			10:45 - 11:45 Yoga+ Mama & Baby alle Level (Maria)		11:15 - 12:30 Yoga+ Flow Medium (Annette) <i>Prävention</i>	10:30 - 11:45 Yoga+ Flow & Relax Basic 2 (Susanne)
		17:15 - 18:15 Yoga+ Schwangerschaft alle Level (Maria)	17:15 - 18:15 Yoga+ Rücken, Schulter Basic 1 <i>Präv.</i> (Corinna)			16:30 - 18:00 Yoga+ Flow & Restorative alle (Maja)
18:30 - 19:30 Yoga+ Yin alle Level (Heike)	18:30 - 19:30 Yoga+ Flow Basic 2 (Susanne) <i>Prävention</i>	18:30 - 19:45 Yoga+ Flow Medium (Maja)	18:30 - 20:00 Yoga+ Faszien & Restorative alle Level (Ilana) <i>Prävention</i>	18:30 - 20:00 Yoga+ Living Yolates alle Level (Isabelle)		
18:30 - 19:30 Raum 2 Yoga+ Flow Basic 1 (Annett)	18:15 - 19:15 Raum 2 Yoga+ Faszien alle Level (Ilana) <i>Prävention</i>	18:30 - 19:30 Raum 2 Yoga+ Achtsamkeit alle (Sonja)				
19:45 - 20:45 Yoga+ Flow Basic 2 (Claudia /Peter)	19:45 - 21:15 Yoga+ Anusara® Medium (Evgenia)	20:00 - 21:00 Yoga+ Flow Basic 1 (Maja)	20:15 - 21:15 Yoga+ Flow Basic 1 (Annette) <i>Präv.</i>			
	19:30 - 20:30 Raum 2 Yoga+ Restorative alle Level (Ilana)					

Öffnungszeiten: täglich 30 min. vor Kursbeginn

Yoga+ Studio - Breite Str. 28 - 55124 MZ-Gonsenheim - Tel.: 06131 540 29 39 - info@yogaplus.de - www.yogaplus.de