

Unser Stundenplan vom 2.12. - 9.12.

Montag

- 10:00 - 11:10 Happy Morning Yoga
- 18:00 - 19:15 Ashtanga Based Flow
- 19:25 - 20:25 Yin Yoga & Meditation

Dienstag

- 18:00 - 19:00 Element Yoga
- 19:15 - 20:15 Total Relax

Mittwoch

- 10:00 - 11:10 Happy Morning Yoga
- 18:00 - 19:15 Hatha Yoga & Meditation
- 19:25 - 20.25 Yin Yoga

Donnerstag

- 18:00 - 19:15 Yin Yoga
- 19.30 - 20:45 Hatha Yoga sanft & Meditation

Freitag

- 10.00 - 11:10 Happy Morning Yoga
- 18:00 - 19:10 Yoga stretch | Relax | Meditate

Samstag

- 09:00 - 09:45 Yoga quick 'n dirty
- 10:00 - 11:10 Happy Morning Yoga

Sonntag

- 10:30 - 11.45 Hatha Yoga sanft & BIG Yoga