

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				08:30 – 09:45 Intensiv Yoga sanfter Level	
	09:30 – 10:45 Intensiv Yoga sanfter Level				10:30 – 11:45 Männeryoga jeden 1. Samstag
		17:00 – 18:15 Yin Yoga		17:00 – 18:15 YinYoga	
18:15 – 19:30 Intensiv Yoga	18:00 – 19:15 Intensiv Yoga	18:30 – 19:45 Intensiv Yoga	18:00-19.00 Faszienrollen alle 2 Wochen	18:30 – 19:10 Yoga Nidra alle 2 Wochen	
19:45 – 21:00 Intensiv Yoga	19:30 – 20:45 Intensiv Yoga				

