



Montag

16.30 Hatha Yoga, Sarasvati

18.05 Hatha, Katharina

18.05 Hatha Yoga, Sarasvati

19.45 Yin Yoga, Eva

19.45 Hatha Yoga, Sarasvati

Dienstag

9.30 Hatha Yoga, Sarasvati

17.00 Hatha Yoga, Sarasvati

18.45 Hatha Yoga, Ishvari

19.00 Ashtanga Yoga, Andjelka

20.30 Hatha Yoga, Bettina



Mittwoch

16.30 Yin Yoga, Lakshmi

18.15 Hatha Yoga, Lakshmi

20.15 Vinyasa Power, in Planung



Donnerstag

9.30 Hatha Yoga, Julia

11.30 Relaxed Mamas, Julia

17.00 Hatha Flow, english/deutsch, Shila

17.00 Yoga Schwangere, Uschi

18.45 Hatha Yoga, Sarasvati

18.45 Vinyasa Flow, Elena

20.30 Hatha Yoga, Sarasvati

Freitag

16.30 Hatha Yoga, english/deutsch,
in Planung, Kalyani Devi

18.00 Vinyasa Power, Andjelka



Änderungen vorbehalten.

Weitere Kurse in Planung.